



My Foundation Dietsm

where health and healing begin



THIRD EDITION

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Welcome to My Foundation DietSM

I am excited to share this timesaving food and nutrition tool designed to help restore and rebalance your health!

My Foundation Diet is a two-week seasonal (Spring/Summer and Fall/Winter) gluten and dairy free menu plan. It includes something for everyone, with both Flexitarian (fish, poultry and lean, clean meat) and Vegetarian options.

The recipes that you and your friends and family will enjoy were created by some of the country's top natural food chefs!

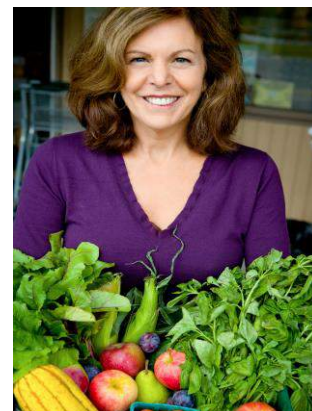
Thank-you for exploring My Foundation Diet! Have fun with it, in your kitchen, where health and healing begins!

To your best health,

Kathie

Kathie Madonna Swift MS RDN LDN FAND

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My Foundation Diet Frequently Asked Questions

What is My Foundation Diet?

My Foundation Diet is a delicious, seasonal, whole foods eating plan that serves as the foundation for optimal health and vitality. Created by a team of our nation's best natural food chefs, My Foundation Diet is the nourishing food elimination plan that you have been searching for to restore and rebalance your health. My Foundation Diet excludes gluten and casein from the recipes and menus, while expanding your nutritional portfolio of alternatives that deliver flavor, fiber, vitamins, minerals, and phytochemicals.

What are the core nutritional concepts behind My Foundation Diet?

My Foundation Diet integrates the latest scientific principles of “nutritional integrity” that include the following considerations:

- **Food sensitivities** – elimination of common food allergens (dairy/dairy products) and intolerances (gluten)
- **Antioxidant and anti-inflammatory** – naturally nutrient-rich foods deliver a host of antioxidants and anti-inflammatory phytochemicals
- **Acid-alkaline balance** – plant-powered meals and menus favor an alkaline environment that is best for the health of your cells
- **Glycemic and fat friendly** – a strategic mix of fiber-rich carbohydrates, lean proteins and healthy fats round out each meal to promote the best possible energy and blood sugar balance.
- **Fiber dense** – every menu boosts this quintessential nutrient critical for good digestive health and detoxification
- **Ecologically intelligent** – includes vegetarian recipes and meal plan designed with your health and the planet in mind

What are gluten and casein?

Gluten is an umbrella term for a family of proteins that can cause a host of adverse symptoms in certain individuals. Casein is one of the major proteins in milk and milk products that is associated with food allergy, intolerances and other conditions. A gluten and dairy free trial can be helpful to determine if these dietary components are contributing to health problems.

What foods contain gluten?

- **Wheat**
bulgur, couscous, cracked wheat, dinkel, durum, einkorn, emmer, farro, farina, graham, hydrolyzed wheat starch, kamut, matzoh, orzo, seitan, semolina, spelt, sprouted wheat, wheat, wheat bran, wheat germ, wheat grass, wheat starch, wheat berries, wheaten, whole wheat
- **Rye**
rye, whole rye, rye flour, pumpernickel, or triticale (a cross between wheat and rye), sprouted rye
- **Barley**
barley, sprouted barley, barley malt, malt beverages, malt flavoring, malt extract, malt syrup, malt vinegar
- **Grain products made from wheat, rye, barley**
all flours (flour, plain flour, white flour, whole wheat flour, whole white flour, self rising flour, enriched flour, durum flour, gluten flour, bromated flour, unbleached flour, graham flour, barley flour, rye flour,) and flour products (breads, rolls, bagels, crackers, wraps/tortillas, cereals, pastas, snack foods and baked goods, etc.)
- **Cross-contaminated grains**
oats and other grains may be “cross-contaminated” with gluten, thus, certified gluten free grains and whole grain products are best

What foods contain casein?

Casein is found in milk and milk products including: cow, goat, sheep, buffalo (all types such as skim, lowfat and whole), yogurt, cheese, cottage cheese, cream, and any food product with milk-based ingredients. There are many casein free, non-dairy alternatives that are now available including beverages, yogurts, kefir, and frozen desserts.

Do food labels identify which products contain gluten and casein?

The Food Allergen Labeling and Consumer Protection Act (FALCPA) requires that all major allergens including milk and wheat be labeled on food products. For example, products that contain dairy or wheat ingredients must clearly state on the label that the product contains milk or wheat. However, FALCPA did not include regulations for gluten labeling. Finally, in August 2014, the FDA instituted a new regulation for gluten free labeling that standardized what “gluten-free” means on the food label. A gluten limit of less than 20 parts per million (ppm) for foods that carry the label “gluten free,” “no gluten,” “free of gluten,” or “without gluten” is the new standard. Manufacturers that label their foods gluten-free are accountable for using the claim in a truthful manner and for complying with all FDA regulations.

Are there other risky ingredients in foods that I should avoid?

There are a number of unsafe ingredients in foods that do not support health and can easily be avoided by choosing products wisely. Use the Environmental Working Groups Shopper’s Guide to Pesticides in Produce (www.cwg.org) and stay abreast of developments regarding genetically modified ingredients (www.centerforfoodsafety.org). If you buy packaged foods to use in a recipe such as a vegetable broth, condiment or other item, here is a list of some ingredients to avoid:

- Artificial sweeteners, colorings and flavorings
- BHA/BHT (preservative found in many processed foods)
- Bromated flour
- Brominated vegetable oil (BVO)
- High fructose corn syrup
- MSG (monosodium glutamate)
- Nitrites and nitrates
- Non-organic soy and corn products
- Partially hydrogenated oils (trans fats)
- Parabens (additive found in many processed foods)
- Polyols or sugar alcohols (erythritol, maltitol, sorbitol, xylitol, etc.)
- Sulfites, sulfur dioxide, sodium bisulfate

What foods are included in My Foundation Diet?

The following chart outlines the foods that are included in My Foundation Diet and the gluten and casein containing foods that are excluded.

Food Group	Include	Exclude
Vegetables	<ul style="list-style-type: none"> • Fresh or frozen, raw, steamed, sautéed, roasted or in soups: all varieties except those on the avoid list • Sea vegetables (ex. kelp, kombu, etc.) • Dried (ex. mushrooms, tomatoes, etc.) and fermented vegetables (ex. sauerkraut, beets, etc.) • 100% vegetable juices 	<ul style="list-style-type: none"> • Vegetables, canned or frozen with gluten/dairy ingredients • All vegetables prepared with gluten/dairy ingredients: breaded, creamed, (ex. scalloped potatoes Tempura vegetables, etc.)

Food Group	Include	Exclude
Fruits	<ul style="list-style-type: none"> • Unsweetened fresh or frozen fruits • Dried fruit, sulfite free • 100% fruit juices 	<ul style="list-style-type: none"> • Fruit beverages • Fruits, canned in syrups • Fruit desserts made with flours (ex. pies, cobblers, bars, etc.)
Herbs and Spices	<ul style="list-style-type: none"> • Fresh and/or dried herbs and spices 	<ul style="list-style-type: none"> • Herb or spice mixes or seasonings with gluten/dairy and/or risky ingredients such as sulfating agents
Whole Grains	<ul style="list-style-type: none"> • Amaranth • Buckwheat • Cornmeal, polenta • Millet • Oats, certified gluten free • Quinoa • Rice (basmati, brown, black, Indian rice grass/Montina, jasmine, red, wild rice) • Sorghum • Teff • 100% whole grain, gluten free products made with grains listed above (ex. breads, cereals, pastas, crackers, etc.) 	<ul style="list-style-type: none"> • Wheat: bulgur, couscous, cracked wheat, dinkel, einkorn, emmer, farina, farro, graham, kamut, orzo, seitan, spelt, sprouted grains made from wheat, rye, barley, wheat berries, wheat bran, wheat germ, wheat grass, wheat starch • Barley: barley flour, barley malt, barley syrup, malt flavoring, malted milk, malt vinegar, beer, and other barley based products • Rye: rye flour, triticale (rye and wheat), and rye based products • Grain products: those made from wheat, rye, barley: bread, cereals, rolls, bagels, crackers, croutons, pitas, pasta, noodles, pastries, etc. • Grain products: those that contain gluten/dairy or risky ingredients
Legumes (Vegetable protein)	<ul style="list-style-type: none"> • Aduki, black eyed beans, broad beans (fava beans), cannellini, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, peas, split peas • Peanuts and natural peanut butter • Soybeans, green or black, edamame, miso, tofu, tempeh (check label for ingredients) 	<ul style="list-style-type: none"> • Beans with a sauce or thickened with gluten containing flours • Highly processed vegetable protein alternatives: (hydrolyzed vegetable protein – HVP, textured vegetable protein – TVP) • Soy sauce and any soy product containing gluten/dairy or risky ingredients

Food Group	Include	Exclude
Nuts and Seeds	<ul style="list-style-type: none"> • Natural nut butters made from almonds, Brazil nuts, cashews, pecans, walnuts, etc. • Natural seed butters made from chia, flaxseed, hempseed, pumpkin, sesame, sunflower, etc. • Nut and seed beverages, plain, unsweetened 	<ul style="list-style-type: none"> • Nuts and seeds, nut butters, or nut and seed products containing gluten/dairy or risky ingredients
Animal Protein (organic, pasture fed and raised)	<ul style="list-style-type: none"> • Eggs (whole, white, and yolks) • Fish, wild caught or sustainably farmed (e.g. tilapia) and shellfish (crab, lobster, shrimp) and mollusks (clams, mussels, oysters) • Meat, lean red meat (beef, bison, lamb) • Poultry (chicken, turkey, duck) • Wild game 	<ul style="list-style-type: none"> • Fatty cuts of red meat (beef and lamb) • Pork and pork products (bacon, sausage, spareribs, etc.) • Smoked products (e.g. nitrates) • Poultry with skin • Processed or aged fish, meat and poultry products (hot dogs, deli meats, canned meat products, etc.) • Veal • Meat, fish, poultry or egg products made with gluten/dairy or risky ingredients
Dairy free Alternatives	<ul style="list-style-type: none"> • Almond, coconut, hazelnut, hemp, rice, soy beverages, plain and unsweetened • Soy and coconut yogurts 	<ul style="list-style-type: none"> • Butter • Buttermilk • Cheese, all types • Cottage cheese • Cream • Cream cheese • Curd • Custard • Ghee • Half & half • Ice cream • Margarine(s) • Milk (skim, low fat, whole, evaporated, condensed) • Sherbet • Sour cream • Whey, whey protein powder • Whipped cream • Non-dairy foods made with gluten or risky ingredients (ex. frozen dessert with high fructose corn syrup)

Food Group	Include	Exclude
Oils	<ul style="list-style-type: none"> • Preferred oil of choice: extra-virgin olive oil • Other options: almond, avocado, canola, coconut, flaxseed, grapeseed, palm, pumpkin, safflower, sesame, sunflower, walnut, etc. 	<ul style="list-style-type: none"> • Peanut oil • Cottonseed oil • Lard • Shortening(s)
Condiments (check larder and staple section of the shopping list to secure most healthful products)	<ul style="list-style-type: none"> • Arrowroot • Baking powder, aluminum free • Baking soda • Cocoa powder • Flavor extracts 100% (ex. almond, orange, maple extract, etc.) • Ketchup • Mayonnaise (be sure to read the label if you don't make this fresh) • Miso • Mustard powder • Sea salt • Sun-dried tomato paste • Tamari, gluten free • Vinegars: apple cider, rice, wine, etc • Wasabi powder 	<ul style="list-style-type: none"> • Condiments containing gluten/dairy or risky ingredients (ex. malt vinegar made from barley)
Beverages	<ul style="list-style-type: none"> • Water • Coffee, organic • Tea, organic (white, green, black) • Herbal teas: chamomile, fennel, ginger, licorice, peppermint etc. 	<ul style="list-style-type: none"> • Grain-based coffee substitute beverages • Fruit beverages and juice drinks/ades • Sodas, regular and diet • Beverages with risky ingredients
Sweets and Sweeteners	<ul style="list-style-type: none"> • Blackstrap molasses • Brown rice syrup • Honey • Maple syrup, 100% • Stevia • 100% Fruit sweeteners 	<ul style="list-style-type: none"> • High fructose corn syrup • White sugar and all "sugar-laden" products

What ingredients can I substitute in my own recipes that call for gluten or dairy based ingredients?

The chart below illustrates some alternative ingredients to use in gluten and dairy free recipes:

Gluten	Alternate
Bread or bread crumbs	<ul style="list-style-type: none"> Gluten free breads, bread crumbs made from gluten free whole grains, ground nut or seed meals
Wraps or tortillas	<ul style="list-style-type: none"> Gluten free wraps/tortillas (brown rice, corn, etc), lettuce, cabbage or other leafy greens to use as wraps
Pastas or noodles	<ul style="list-style-type: none"> Rice, corn, 100% buckwheat/soba, quinoa, black bean, red lentil, mung bean pastas; vegetable pastas (ex. made from squash)
Bulgur	<ul style="list-style-type: none"> Quinoa
Couscous	<ul style="list-style-type: none"> Millet or quinoa
Wheat germ	<ul style="list-style-type: none"> Rice bran, ground flaxseed, hempseed, or chia seed
Flour (thickener)	<ul style="list-style-type: none"> Arrowroot powder, corn starch, cream tartar, guar gum, kudzu, potato starch, tapioca
Seitan (wheat meat)	<ul style="list-style-type: none"> Tempeh or tofu

Dairy Ingredient	Non-Dairy Alternate
Milk	<ul style="list-style-type: none"> Non-dairy beverages: almond, coconut, hazelnut, hempseed, rice, or soy
Cheese	<ul style="list-style-type: none"> Dairy-free cheeses
Yogurt	<ul style="list-style-type: none"> Soy yogurt, coconut yogurt, almond yogurt
Kefir	<ul style="list-style-type: none"> Soy or coconut kefir

What other resources may be helpful?

- MyFoodMyHealth www.myfoodmyhealth.com
- Kathie Madonna Swift kathieswift.com
- Celiac Organization www.celiac.com
- Environmental Working Group www.ewg.org (Shopper's Guide to Pesticides in Produce)
- Gluten Free Living www.glutenfreeliving.com
- Gluten Free Certification Organization www.gfco.org
- Gluten Syndrome www.glutensyndrome.net
- Food Allergy and Anaphylaxis Network www.foodallergy.org
- Living Without www.livingwithout.com
- Spectrum Organics www.spectrumorganics.com (Kitchen Guide to Cooking with Oils)
- World's Healthiest Foods www.whfoods.com

My Foundation Diet Flexitarian Version

My Foundation Diet (Flexitarian) — Spring and Summer Week 1

My Foundation Diet (Flexitarian)

Spring and Summer Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Amaranth Breakfast Porridge	Herb Scramble	Laura's Lox Wrap	Spinach and Wild Salmon Omelet	Sweet Potato Pineapple Mash	Banana Avocado Fruit Dip	Kathie's Breakfast Spread
Lunch	Azuki Bean and Rice Salad	Chicken, Avocado, Potato Salad	Salmon, Millet, and Zucchini Casserole*	Chickpea, Beet and Citrus Salad	Turkey Sausage Burgers with Poached Eggs	Cabbage Salad with Baked Tofu and Lemon-Soy Vinaigrette	Shrimp Tacos
Dinner	Salmon, Millet and Zucchini Casserole* Save the leftovers for lunch the day after tomorrow.	Chicken and Vegetable Stir Fry with Toasted Cashews	Chicken with Wild Rice and Pears	High Protein Lentil Salad with Salmon	Moroccan Fish Kebabs with Cilantro, Green Peppers and Garlic	Bok Choy and Chickpeas with Cashews	Cilantro-Lime Snapper

Spring and Summer Recipes

Week 1 - Breakfast Day 1

Amaranth Breakfast Porridge

By Lorna Sass

Amaranth is a gluten free grain (actually a seed) with a mildly sweet, earthy corn flavor that marries beautifully with honey. It makes a very comforting, high-protein, hot breakfast cereal. Soaking the amaranth overnight results in a virtually instant breakfast.

4 servings

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients

- 1 cup amaranth
- ½ tablespoon coconut or grapeseed oil
- 1-1 ½ tablespoons honey
- pinch of ground cinnamon or freshly grated nutmeg



Instructions

In a small saucepan, soak the amaranth in 3 cups of water for 7 hours overnight.

When you are ready to eat, bring the amaranth to a boil in the soaking water over high heat, uncovered. Stir well. Reduce the heat to low, cover, and simmer until all of the water is absorbed and the amaranth is soft and translucent, 3 to 5 minutes. (It will always be slightly crunchy, but shouldn't be hard). Remove from the heat and stir in the oil, honey and cinnamon. Serve hot.

Tips

If you did not soak the amaranth overnight, you can still prepare this meal rather quickly. Instead, increase the water to 3 ½ cups and bring to a boil. Whisk in the amaranth. Return to a boil. Cover, reduce the heat to low, and simmer until the amaranth is soft and translucent, 22 to 25 minutes. Add more water if the mixture begins to stick to the bottom of the pot before the amaranth is tender. Remove from the heat and stir in the honey, and cinnamon.

Spring and Summer Recipes

Week 1 - Breakfast Day 2

Herb Scramble

By Caroline Nation

This is a high protein kick-off to the day and can be enjoyed with any herbs you enjoy. The scramble is also delicious with chives, dill, basil, or cilantro. Blanching the herbs for one minute keeps them bright green.

2 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients

- ½ bunch parsley, finely chopped
- 4 eggs
- ⅛ cup fresh dill or basil, finely chopped
- freshly ground black pepper
- 2 teaspoons extra virgin olive oil



Instructions

Bring a medium pot of water to a boil over high heat. Add the parsley and cook for 1 minute, then drain and rinse under cold water.

Whisk the eggs in a medium bowl. Add the parsley, dill or basil and several grinds of pepper, and whisk to combine.

Warm the oil in a large non-stick or cast iron skillet over medium heat. Pour in the eggs and stir gently and constantly, until the eggs form large curds and are cooked to your preference, about 2 to 3 minutes. Serve immediately.

Spring and Summer Recipes

Week 1 - Breakfast Day 3

Laura's Lox Wrap

By Laure Pole

This is my favorite summer breakfast! It is simple to make and very filling. Combine ingredients in the amounts that give you the most pleasure.

1 serving

Prep Time: 5 minutes

Cook Time: none

Ingredients

- lox (wild caught salmon)
- cucumbers, sliced
- sweet red peppers, sliced
- onions, thinly sliced
- avocados, sliced
- capers
- Boston lettuce, as a wrap



Instructions

Assemble lox, cucumbers, sweet red peppers, onions, avocado, and capers carefully on top of a Boston lettuce leaf. Get ready to chase those errant capers!

Spring and Summer Recipes**Week 1 - Breakfast Day 4****Spinach and Wild Salmon Omelet****By Myra Kornfeld**

Salmon makes this omelet a hearty breakfast. Scale this up by adding 1 to 2 eggs per person and increasing the filling.

1 serving**Prep Time: 5-10 minutes****Cook Time: 5-7 minutes****Ingredients**

- 2 ½ ounces baby spinach, washed but not dried
- 2 teaspoons coconut oil
- 2 eggs
- freshly ground black pepper
- 3 ounces flaked canned wild salmon

Instructions

Wilt the spinach in a medium non-stick skillet, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach. Transfer to a plate to set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of pepper. Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the oil coats the bottom and the sides. Allow the oil to sizzle and the foam to subside, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan. When there's just a little moist egg puddle on top, add the spinach. Layer the spinach with 3 ounces of flaked canned wild salmon. Fold the egg over the spinach, and slide the omelet onto a plate. Serve hot.

Spring and Summer Recipes

Week 1 - Breakfast Day 5

Sweet Potato and Pineapple Mash By Sue Baldassano

I love this for breakfast. Replace the cinnamon with equal amounts of ground cumin and it makes a great side dish for black beans.

3-4 servings

Prep Time: 10 minutes

Cook Time: 5 minutes, plus 1 hour for cooking the sweet potatoes

Ingredients

- 4 medium sweet potatoes
- 1 tablespoon coconut oil
- ¼ tablespoon cardamom
- ½ teaspoon cinnamon powder
- 1 cup pineapple, diced small
- 1 teaspoon fresh ginger, chopped



Instructions

Preheat the oven to 400 degrees F.

Wash the potatoes and place them on a baking tray or on an oven rack. Roast for 40 to 50 minutes until tender. The sweet potatoes can be made in advance and refrigerated up until this point. Let the potatoes cool until you can handle them. Peel the potatoes and mash with a fork.

Heat the oil in a medium skillet. Add the sweet potatoes, cinnamon, and pineapple. Cook on low heat, stirring from time to time, until the pineapple softens slightly. Serve hot.

Spring and Summer Recipes

Week 1 - Breakfast Day 6

Banana Avocado Fruit Dip

By Jennifer Brawn

This easy-to-prepare dip is naturally sweetened with banana. The surprise addition of avocado lends an extra creamy texture. Serve as a snack with sliced apples or as a breakfast spread over gluten free bread.

Yields 1 ½ cups

Prep Time: 5 minutes

Cook Time: none

Ingredients

- ½ ripe avocado
- 2 bananas
- ¼ cup nut butter (peanut, almond, cashew, or macadamia)
- 1 tablespoon fresh lime juice



Instructions

Add all ingredients into the bowl of a food processor and process until smooth. The dip can be served immediately at room temperature.

Tips

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder. (If you have a Vita-mix, skip this step. Otherwise, some blenders are not powerful enough to turn nuts into cream, so we give them a head start this way.) Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts and almonds all make for exceptional nut creams, so use your favorite!

Spring and Summer Recipes**Week 1 - Breakfast Day 7****Kathie's Breakfast Spread****By Kathie Madonna Swift**

A delicious spread designed to perk up your morning! This is especially handy when you are on the go. It is a delicious compliment to apples, pears, and bananas.

1 serving**Prep Time: 5 minutes****Cook Time: none****Ingredients**

- 1 tablespoon natural nut butter
- 2 teaspoons ground flaxseed
- 2 teaspoons water
- dash of fresh ginger juice
- slices of your favorite fruit (i.e. bananas, apples, pears)

Instructions

Add all ingredients to a food processor or a small bowl and combine until fully mixed. Spread on fresh fruit.

Spring and Summer Recipes

Week 1 - Lunch Day 1

Aduki Bean and Rice Salad

By Sally Nash

This colorful dish of rice and beans is wonderful served hot or cold. You may replace the brown rice with another grain such as quinoa to create an entirely new dish. Serve with a leafy green salad for lunch or a light dinner. Aduki beans are quick-cooking, so cook them from dried beans for the tastiest salad.

4 servings

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- 1 ½ cups water
- 1 cup brown basmati rice, washed
- 2 tablespoons unrefined sesame oil
- 1 tablespoon ginger, grated
- 2 garlic cloves, minced
- ½ cup carrot, diced small
- ½ cup red bell pepper, diced small
- ½ cup celery, diced small (optional)
- ½ cup scallions, whites and greens, thinly sliced
- 3 tablespoons chopped fresh cilantro (optional)
- 1 15-ounce can Aduki beans, drained and rinsed or ½ cup dried beans (see note)



Dressing:

- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 1 tablespoon sesame seeds, toasted
- ⅛ teaspoon sesame oil
- 1 tablespoon gluten free Tamari or Shoyu
- 1 tablespoon water
- 2 teaspoons mellow miso

Instructions

Bring water to a boil in a small pot and add the rice. Reduce heat to a simmer and cook covered for 30 minutes, or until rice is completely tender. Fluff the rice with a fork and reserve.

Heat the oil in a medium skillet. Add the ginger and garlic and sauté for a minute over medium heat. Add the carrot and sauté for 2 more minutes, then add the red pepper and continue to cook until soft. Place the mixture in a large bowl. Add the rice, celery, scallions, cilantro and beans, mixing gently until well combined.

(Aduki Bean and Rice Salad continued)

Make the dressing: Whisk all the dressing ingredients together in a small bowl until well-combined and pour onto the salad. Stir to coat thoroughly. Serve immediately or refrigerate for serving later.

Note: If you are using dried Aduki beans start those cooking first. They do not need to be soaked. Clean and sort ½ cup of Aduki beans and add to 3 cups of boiling water with a bay leaf or a one-inch piece of Kombu. Reduce the heat and let simmer for about 30 minutes or until beans are tender. Drain and set aside.

Spring and Summer Recipes

Week 1 - Lunch Day 2

Chicken, Avocado, and Potato Salad

By Ela Guidon

Avocado adds a delightful creaminess to this main course salad. Use a boneless breast of poached chicken or any leftover roasted chicken you may have.

4 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- 1 celery stalk, cut into 1-inch pieces
- 1 small carrot, cut into 1-inch pieces
- ½ onion, quartered
- 1 bay leaf
- 6 cups water
- 1 pound boneless, skinless chicken breast
- ½ pound yukon gold potatoes, cut into 1-inch pieces
- juice of 1 lemon
- 1 small jalapeño, stemmed, seeded, and minced
- 3 tablespoons extra virgin olive oil
- 2 avocados
- 1 small red onion, thinly sliced
- 1 head of romaine lettuce or Boston lettuce, torn into bite-size pieces



Instructions

In a medium pot place the celery, carrot, onion, and bay leaf and water. Bring to a boil, add the chicken, and reduce the heat so that it does not have any bubbles breaking the surface. Poach the chicken for 30 minutes, until cooked through. Drain and set aside to cool. Shred the chicken into pieces.

Meanwhile, steam the potatoes for about 10 minutes or until the fork passes through easily. Remove the potatoes and let cool.

Mix the lemon juice and the jalapeño pepper. Whisk in the oil.

Cut the avocados in half and remove the pit. Slide your spoon around the avocado flesh and lift it out in one piece. Slice the avocado lengthwise into thick slices.

Place the chicken in a bowl and add 1 tablespoon of the dressing and mix well.

Mix the remaining dressing with the onions, potatoes, avocados, and lettuce. Serve the salad at room temperature, topped with the chicken.

Tips

You could substitute a pound of steak (cooked and sliced), cooked shrimp, or 4 hard boiled eggs instead of the chicken.

Spring and Summer Recipes

Week 1 - Lunch Day 3

Salmon, Millet, and Zucchini Casserole

By Carole Ortenzo

You should have leftovers from Dinner Day 1.

If it was so delicious that you have eaten it all, feel free to remake this meal by going to the recipe on Dinner Day 1 (page 29).

Spring and Summer Recipes

Week 1 - Lunch Day 4

Chickpea, Beet and Citrus Salad

By Rosalinda Paez

This salad has a vibrant mix of colors, flavors and textures. Make sure to zest one orange and one tangerine before cutting them. You'll be able to gather enough orange and tangerine juice for the dressing from the cut citrus pieces.

4 servings

Prep Time: 20 minutes

Cook Time: none

Ingredients

- 2 naval oranges
- 2 tangerines
- 1 cup raw beets, peeled and shredded
- 1 15-ounce can chickpeas, drained and rinsed
- 3-4 hearts of romaine, shredded
- ¼ cup sesame seeds, preferably black

Dressing:

- ½ teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- ½ teaspoon orange zest
- 1 tablespoon fresh orange juice
- ½ teaspoon tangerine zest
- 1 tablespoon fresh tangerine juice
- 1 tablespoon champagne or white wine vinegar
- 1 garlic clove, pressed
- ½ cup extra virgin olive oil

Instructions

Cut a disk off the top and bottom of each orange, slicing through the colored peel and white pith to expose the flesh. Next, cut downward, following the contours of the fruit, to remove the skin and pith, thereby exposing the orange flesh. Repeat until all the skin is cut away.

Cut the orange crosswise into slices, and then into bite-sized pieces. Add the oranges to the bowl.

Cut the tangerines the same way, and add to the bowl with the oranges. Stir in the beets, chickpeas, and olives and set aside.

For the dressing, whisk together the lemon zest and juice, the orange zest and juice, the tangerine zest and juice, the vinegar, and garlic. Add the olive oil gradually, whisking thoroughly to combine. Divide the romaine onto plates, top with the chickpea mixture and drizzle with dressing. Sprinkle with sesame seeds and serve.



Spring and Summer Recipes

Week 1 - Lunch Day 5

Turkey Sausage Burgers with Poached Eggs By Judith Friedman

This power-breakfast will keep you charged until lunchtime and it makes a great high-protein meal for lunch or dinner. Serve these burgers and eggs with steamed asparagus.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

Turkey Sausage:

- 1 pound ground turkey
- 1 ½ tablespoons gluten free Shoyu
- 2 tablespoons onion, grated
- 2 garlic cloves, minced or pressed
- 1 egg, lightly beaten
- 2 tablespoons sunflower seeds, finely chopped
- 1 teaspoon fennel seeds, crushed
- ¼ teaspoon dried thyme
- pinch of cayenne
- 2 teaspoons extra virgin olive oil



Poached Eggs:

- 2 tablespoons apple cider or white wine vinegar
- 4 eggs, at room temperature

Instructions

Combine the turkey, gluten free Shoyu, onion, garlic, egg, sunflower seeds, fennel seeds, thyme and pepper in a bowl. Shape into 8 patties. Refrigerate what you won't be cooking immediately.

Warm the oil in a large non-stick skillet over medium heat until your hand feels hot when held 1-inch above the skillet. Add the turkey burgers (they should make a sizzling sound). Cook for 5 minutes on each side until browned and the meat is cooked through.

Meanwhile, bring 2 quarts water and the vinegar to a boil in a shallow skillet with sides. Lower the heat to a gentle simmer, crack the egg into a small bowl and gently slide into the water. The eggs should be covered by the water. Cover the pan and cook until set, about 2 ½-3 minutes. Remove with a slotted spoon, drip dry, and serve on top of the cooked burgers.

Tips

To quickly get eggs to room temperature, put them in a bowl with very warm tap water.

Spring and Summer Recipes**Week 1 - Lunch Day 6****Cabbage Salad with Baked Tofu and Lemon-Soy Vinaigrette****By Lorna Sass**

An easy dish to assemble in the dog days of summer, this salad tastes best when freshly made. Consider it a meal unto itself.

4 servings**Prep Time: 15 minutes****Cook Time: none****Ingredients**

- $\frac{3}{4}$ pound Chinese (nappa) or green cabbage, shredded
- 1 cup carrot, carrot
- $\frac{1}{2}$ cup scallion greens, thinly sliced
- 8 ounces baked tofu, diced
- $\frac{1}{3}$ cup nuts, chopped (macadamia or cashews)
- 2 tablespoons canola oil
- 1 tablespoon sesame oil
- 1 $\frac{1}{2}$ -2 tablespoons fresh lemon juice
- 1 teaspoon gluten free Shoyu or Tamari, plus more to taste

**Instructions**

In a large bowl, combine the cabbage, carrot, scallion greens, tofu and peanuts.

To make the vinaigrette, combine the oils, 1 $\frac{1}{2}$ tablespoons lemon juice, and Shoyu in a small jar. Shake vigorously until thoroughly blended.

Pour the vinaigrette over the slaw and toss well. Season with more Shoyu and lemon juice, if needed.

Spring and Summer Recipes

Week 1 - Lunch Day 7

Shrimp Tacos

By Laura Pole

I spent 4 months in San Diego caring for a young man with advanced cancer. One of his favorite dishes was a fried fish taco. This health supportive version was a hit with him as well as my family and friends. To make this super fast dish, buy the shrimp already peeled.

8 tacos: 4 servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients

- 16 jumbo shrimp, shelled and deveined
- juice of ½ lime
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 2 tablespoons extra virgin olive oil
- 4 scallions, whites and greens, thinly sliced
- ½ cup cilantro, rinsed and large stems removed
- ½ head romaine lettuce, shredded
- ½ avocado, sliced or 1 cup guacamole
- ½ mango, sliced (optional)
- 1 lime, sliced into 8 wedges
- low-sodium Picante sauce or salsa
- 8 sprouted corn tortillas
- freshly ground black pepper



Instructions

Toss the shrimp in a medium bowl with lime juice, cumin and garlic powder.

Heat the oil in a large skillet over medium high. Add the shrimp and sauté until golden brown on both sides and thoroughly cooked, about 2 minutes per side. Transfer to a serving dish.

Arrange the scallions, cilantro, lettuce, avocado, mango, and lime wedges on a platter. Have the salsa in bowl. Warm the tortillas briefly in the same skillet.

Put tortillas on a serving platter. Have each person build their tacos, mounding the tortillas as they wish. Sprinkle with pepper if desired.

Spring and Summer Recipes

Week 1 - Dinner Day 1

Salmon, Millet and Zucchini Casserole

By Carole Ortenzo

This meal-in-one casserole is a delicious way to incorporate omega-3 rich salmon into our diets. I use canned salmon here, which is quicker and simpler than working with fresh. Be sure to take a minute to sort through it for bones. You can easily prepare this meal and refrigerate half of it for a delicious lunch within the following few days! Serve with a side of Cucumber Jicama Dill salad or without a side.

6 dinner-sized portions

Prep Time: 10-15 minutes

Cook Time: 50-55 minutes

Ingredients

- 1 tablespoon extra virgin olive oil, plus oil for greasing the pans
- 1 cup millet
- 2 ¼ cups water
- ¾ cup walnuts
- 1 medium onion, thinly sliced
- 2 medium zucchinis, thinly sliced
- freshly ground black pepper
- 1 14.75-ounce can salmon, preferably wild Alaskan, sorted for bones
- ¼ cup pitted kalamata olives, sliced
- 1 28-ounce can diced tomatoes
- 2 teaspoons dried basil
- 2 teaspoons fresh lemon juice



Instructions

Preheat the oven to 350 degrees F. Oil a large baking dish (9 x 13-inch Pyrex is ideal).

Rinse the millet and place it in a medium pot with water. Cover and bring to a boil. Lower the heat and simmer for about 20 minutes, until all of the water is absorbed. Remove from the heat and allow it to sit, covered, for 5 minutes before fluffing with a fork.

Meanwhile, spread the walnuts on a baking sheet and toast them for 5-7 minutes, until lightly golden. Rub them along the bottom of a metal strainer, held over a trash can, to remove the skins. Or wrap them in a clean towel and rub gently. Break the walnuts into medium-sized pieces.

Heat a medium skillet over medium heat and add a tablespoon of oil. Add the onions and cook over low heat for about 5 minutes, until slightly softened. Add the zucchini and sweat for a few minutes, until just barely fork tender. Season with freshly ground black pepper.

Spread the millet evenly over the bottom of the baking dish and spread the rest of the ingredients in even layers in the following order: salmon, toasted walnuts, onion-zucchini mixture, olives, and tomatoes. Sprinkle the top with freshly-ground black pepper and the dried basil.

(Salmon, Millet, and Zucchini Casserole continued)

Cover the baking dish with a layer of parchment followed by aluminum foil (so that the foil doesn't touch the food) and bake for 20 minutes. Sprinkle the lemon juice over the top, cover and bake for 10 more minutes, until the casserole is heated all the way through. Serve hot.

Spring and Summer Recipes**Week 1 - Dinner Day 2****Chicken and Vegetable Stir Fry with Toasted Cashews****By Cathy Vogt**

This simple and adaptable dish is delicious over leftover sautéed greens, spaghetti squash, soba noodles and cooked grains.

4-6 servings**Prep Time: 20 minutes****Cook Time: 15 minutes****Ingredients**

- ¾ cup apple cider or juice
- 2 tablespoons gluten free Tamari
- 1 tablespoon brown rice vinegar
- 1 tablespoon arrowroot powder
- a dash of sesame oil
- ¼ cup raw cashews or sliced almonds
- 2 tablespoons unrefined sesame oil
- 1 red bell pepper, thinly sliced
- ½ pound sugar snap peas
- 1 celery stalk, cut thinly on the diagonal
- 3 garlic cloves, minced
- 2 teaspoons peeled and minced ginger
- 1 fennel bulb, trimmed and sliced into thin pieces
- 1 pound boneless, skinless chicken breast, excess fat removed, thinly sliced on the diagonal

Instructions

Whisk together the apple juice, Tamari, vinegar, arrowroot, and sesame oil in a small bowl and set aside.

Warm a large skillet over medium-high heat. Add the cashews and lightly toast, stirring to prevent burning, until golden flecks appear. Transfer to a small bowl and reserve.

Heat 1 tablespoon of the sesame oil in the same skillet. Add the chicken and stir fry until almost cooked, about 4 minutes. Transfer to a plate and set aside.

Add the remaining tablespoon of sesame oil to the pan, then add the red peppers and stir fry for a few minutes. Add the sugar snap peas, continue to stir fry for a minute, then add the celery, garlic, and ginger, and stir fry for a few more minutes.

Add the fennel and stir fry, maintaining high heat so that the vegetables sizzle while they cook.

Add the chicken and toss to combine.

Move the chicken and vegetables to the edges of the pan, making a space in the center. Pour in the sauce mixture (make sure to give it a final whisk to blend in the arrowroot) and cook at a medium heat until thickened. Toss the chicken and vegetables thoroughly with sauce, then stir in the cashews. Serve immediately.

Spring and Summer Recipes**Week 1 - Dinner Day 3****Chicken with Wild Rice and Pears****By Rosalinda Paez**

This one pot meal needs only a salad or sautéed greens to round it out. The pears add a lovely sweetness.

4 servings**Prep Time: 15 minutes****Cook Time: 1 hour 15 minutes****Ingredients**

- 2 tablespoons extra virgin olive oil
- ½ cup onion, finely chopped
- 1 tablespoon ginger, finely chopped
- 1 garlic clove, pressed
- 1 pound boneless, skinless chicken breast, cut into 1-inch cubes
- 2 cups low-sodium chicken stock
- 2 cups apple cider or juice
- 1 cup wild rice
- 1 pound firm pears (such as Bartlett), peeled, cored, and cut into 1-inch cubes
- ½ cup fresh parsley, chopped

**Instructions**

Heat the oil in a large skillet over medium-low heat. Add the onion and ginger and cook for about 5 minutes, then add garlic and cook for another minute. Add the chicken; raise the heat to medium-high and cook, stirring often, for about 8-10 minutes, until the pieces are all browned.

Stir the stock, apple cider, wild rice and bring it to a boil over high heat. Lower heat to medium, cover and cook for 45 minutes. Lay the pears on top of the rice and cook uncovered at medium-high heat for another 10-15 minutes, until the wild rice is tender and excess liquid is cooked out. Stir in the parsley.

Spring and Summer Recipes

Week 1 - Dinner Day 4

High Protein Lentil Salad with Salmon

By Ela Guidon

It is a Peruvian custom to eat lentils with bananas. The dressing keeps the bananas from darkening. This is a delightful meal that has all the elements of balance.

4 servings

Prep Time: 15 minutes

Cook Time: 32 minutes

Ingredients

- 1 cup green lentils
- 1 onion, quartered, plus ¼ cup diced onion, divided
- 1 celery stalk, cut into 4 pieces
- 1 carrot, peeled and cut into 4 pieces
- 1 bay leaf
- 4 salmon fillets
- 3 tablespoons fresh lemon juice
- 6 tablespoons extra virgin olive oil
- freshly ground black pepper
- 1 teaspoon finely chopped fresh thyme or ½ teaspoon dried thyme
- 1 teaspoon fresh oregano, finely chopped or 1 teaspoon dried oregano
- ¼ cup fresh parsley, finely chopped
- ¼ cup fresh cilantro, chopped
- ½ cup cherry tomatoes, cut into halves
- ¼ cup banana, diced
- ¼ cup red bell pepper, diced



Instructions

Preheat the oven to 350 degrees F.

Combine the lentils with 4 cups of water in a medium pot. Cover and bring to a boil then uncover and skim off the foam. Add the quartered onion, the celery, carrots, and bay leaf. Lower the heat and simmer, partially covered until lentils are just tender, about 20 minutes. Drain the lentils and remove the bay leaf, onion, celery and carrot. Set aside and let cool.

Meanwhile, cook the salmon. Place the fillets in a baking dish. Bake for 10-12 minutes, until cooked to desired doneness.

In a bowl, mix the lemon juice, oil and a sprinkling of pepper. Add the thyme, oregano, parsley, cilantro, the diced onions, tomatoes, red peppers, bananas, and lentils. Gently mix all the ingredients thoroughly.

Taste and add more pepper if necessary.

Serve at room temperature with a piece of salmon.

Spring and Summer Recipes

Week 1 - Dinner Day 5

Moroccan Fish Kebabs with Cilantro, Green Peppers and Garlic Sauce

By Jennifer Abadi

This flavorful marinade for these fish kebabs is a good way to spice up any plain tasting fish. Whether you have a barbecue grill outside, or just a simple kitchen grill or broiler, these fish skewers will taste delicious and remind you of the summer. Serve hot or cold with rice, salad, or gluten free pasta - they go with just about anything! They also taste good served cold, or cut up into a light salad with sliced vegetables and lemon vinaigrette.

4 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- ½ cup yellow onion (1 small), finely chopped
- ½ cup cilantro, finely chopped
- 2 garlic cloves, minced
- ¼ cup canola oil
- ¼ cup extra virgin olive oil
- 2 teaspoons ground cumin
- ¼ cup fresh lemon juice
- 1 teaspoon dried oregano, ground to powder between the palms of your hands
- freshly ground pepper
- 1 cup cherry or grape tomatoes
- 1 cup green bell pepper, cut into 1-inch cubes
- ½ pound halibut steak, skinned, bones removed, and cut into 1 ½ " cubes
- ½ pound salmon, skinned, bones removed, and cut into 1 ½ " cubes
- 6-8 wooden skewers



Instructions

Combine the onions, cilantro, garlic, canola and olive oil, cumin, lemon juice, oregano and pepper in a large mixing bowl.

Add the tomatoes, bell pepper pieces, and fish cubes and gently toss to fully coat.

Cover the bowl with aluminum foil or plastic wrap, and marinate 1 to 2 hours.

Remove the marinated fish from the refrigerator. Wet the wooden skewers (to prevent burning while broiling or grilling). Spear a piece of the green pepper all the way down one of the skewers leaving about 1 inch at the bottom of the skewer free for you to handle it. Slide down a tomato then a piece of fish. Alternate in this general order of pepper, tomato, and fish until all the kebabs have been created. Place the kebabs on a broiling pan or in a baking dish.

(Moroccan Fish Kebabs with Cilantro, Green Peppers and Garlic Sauce continued)

Prepare the barbecue grill or preheat the oven to a high/broil setting. If broiling, place broiling/baking pan onto the upper rack of the oven and broil until the fish and vegetables have a slight charred color around the edges, about 5 to 8 minutes depending upon the heat. Remove pan and carefully turn each skewer over, returning the pan to the oven to broil the second side (be careful: kebabs will cook much quicker on this side!) If cooking on a barbecue grill, cook as long as needed to get a nice dark brown/charred color on both sides. Serve hot with wedges of lemon.

Spring and Summer Recipes

Week 1 - Dinner Day 6

Bok Choy and Chickpeas with Cashews

By Terry Walters, Credits Clean Food

Believe it or not, this is one of my favorite quick breakfast dishes! I love the uplifting energy of greens first thing in the morning and the addition of chickpeas and cashews makes this dish one that can satisfy me and keep me going for hours. This makes a great lunch or dinner as well, with a serving of steamed kasha.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh ginger, grated
- 1 tablespoon Braggs liquid amino acids
- 1 tablespoon mirin
- 1 15-ounce can chickpeas, drained and rinsed
- 6 heads baby bok choy or 1 bunch bok choy, chopped into large pieces
- ½ cup toasted cashews



Instructions

Heat the olive oil over medium heat in a large skillet. Add the ginger and sauté for 1 minute. Add the Braggs, the mirin, the chickpeas and sauté for 2 more minutes (beans will start to color). Add the bok choy and sauté for another 2-3 minutes or until the greens are just tender. Remove from the heat, top with the toasted cashews and serve hot.

Spring and Summer Recipes

Week 1 - Dinner Day 7

Cilantro-Lime Snapper

By Diane O'Connell

This quick and easy lunch or dinner is nice to serve to guests because of its beautiful colors. Serve with a side of quinoa and a mixed green salad.

2 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 2 6-ounce snapper fillets
- 1 teaspoon fresh cilantro, minced
- ½ teaspoon grated lime zest
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder



Instructions

Preheat the oven to 400 degrees F. Place the fillets on a parchment-covered baking pan or in baking dish large enough to hold the fillets.

Mix together the cilantro, lime zest, paprika and garlic powder in a small bowl.

Sprinkle the mixture evenly over the fillets. Bake for 10 minutes, or until the flesh of the fish has turned opaque and flecks easily with a fork.

My Foundation Diet (Flexitarian) — Spring and Summer Week 2

My Foundation Diet (Flexitarian)

Spring and Summer Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Creamy Millet Breakfast Porridge	Asparagus Frittata with Lemon Thyme	Banana Buckwheat Cereal	Country-Style Over Easy Eggs with Tomatoes and Dill	Might Tasty Hot Cereal	Sweet Potato Mash with Poached Eggs	Chicken Patties with Apple and Arugula
Lunch	Picnic Pasta Salad	Quinoa and Black Bean Salad	Chicken Sausage with Quick Tomato Herb Sauce	Asian Salmon Salad	Chicken Waldorf Salad	3 Sisters Polenta Casserole with Pumpkin Seed Pesto	Black Bean Chili with Avocado Cream
Dinner	Crispy Herb-Baked Cod	Gazpacho with Halibut Ceviche	Chicken... Roasted All the Way to Yum	3 Sisters Polenta Casserole with Pumpkin Seed Pesto Save the leftovers for lunch the day after tomorrow.	Basmati Rice with Mussels, Raisins, and Walnuts	Chickpeas with Potatoes and Chard	Stir-Fried Bok Choy with Shrimp

Spring and Summer Recipes

Week 2 - Breakfast Day 1

Creamy Millet Breakfast Porridge

By Annemarie Colbin, Credits: Food and Our Bones, Plume New York

This excellent breakfast dish is hearty and satisfying. It takes a little over an hour to cook but requires no attention. You can also mix grains: try barley and rice, or millet and quinoa. Reheat leftovers by adding $\frac{1}{4}$ cup of water per portion and steaming until hot. Add a side of sauerkraut or cooked greens for some extra calcium.

4 servings

Prep Time: 5 minutes

Cook Time: 1 $\frac{1}{4}$ hours + overnight soak

Ingredients

- 1 cup millet
- 7 cups water
- 4 tablespoons raw almonds
- 4 tablespoons roasted sunflower seeds
- 4 tablespoons flax oil
- 4 teaspoons maple syrup (gluten free) (optional)



Instructions

At night, wash and drain the millet. Place in a 2-quart pot with 2 cups of the water and 1 teaspoon of the lemon juice, umeboshi vinegar, or sauerkraut liquid. Cover and soak overnight.

In the morning, drain the millet. Add the remaining 5 cups of water to the millet and bring to a boil. Lower the heat and simmer, covered, for about 1 hour and 15 minutes, without stirring.

Divide the millet into 4 bowls. Divide the almonds, sunflower seeds, and flaxseed oil, and add to each serving; season with maple syrup for a sweet flavor. Stir well, and enjoy.

Spring and Summer Recipes

Week 2 - Breakfast Day 2

Asparagus Frittata with Lemon Thyme

By Sally Nash

This frittata looks beautiful. You may also serve it for a special brunch in the spring or for a light supper. Compliment the frittata with a fresh berry salad drizzled with honey and sprinkled with chopped mint.

4 servings

Prep Time: 20 minutes

Cook Time: 35 minutes

Ingredients

- 1 bunch asparagus, peeled
- 1 tablespoon plus 1 teaspoon extra virgin olive oil, divided
- 1 medium onion, small diced
- 2 teaspoons lemon thyme, finely chopped
- ¼ teaspoon freshly ground black pepper
- pinch of freshly ground nutmeg
- 5 eggs
- 1 scallion, white and green parts, thinly sliced

Instructions

Preheat the oven to 400 degrees F.

Fill a large pot with water and bring to a boil.

Blanch the asparagus in the boiling water for a minute or two until the spears are bright green and slightly limp. Immediately plunge the blanched spears into a bowl of ice water and set aside. Drain the asparagus on towels and cut the tips into 4-inch long pieces and then cut the rest into ¼-inch pieces. Reserve the small pieces and large ones separately.

Heat 1 tablespoon of the olive oil in a large skillet and sauté the onions over medium heat until golden. Set aside.

In a medium bowl whisk the eggs, then add a sprinkling of black pepper, the thyme, nutmeg, onions, scallions and small pieces of asparagus.

Heat the remaining 1 teaspoon of olive oil in a medium non-stick skillet over low heat. Pour the egg mixture into the skillet. Add the reserved tips, fanning them so that the tips face the outer edge.

Bake for about 30 minutes until lightly golden.

Let the frittata cool for about 10 minutes before serving. Slide the frittata out onto a serving plate and cut into 4-6 pieces.



Spring and Summer Recipes

Week 2 - Breakfast Day 3

Banana Buckwheat Cereal

By Myra Kornfeld

Bob's Red Mill makes a delicious buckwheat cereal, naturally gluten free, that cooks quickly. Buckwheat marries beautifully with bananas and cashews; coconut adds a tropical flair. Cook it in coconut water (readily available in Whole Foods of your health food store), for subtle sweetness and a dose of electrolytes.

1 serving

Prep Time: 5 minutes

Cook Time: 7 minutes

Ingredients

- 1 cup coconut water or water
- ¼ cup Bob's Red Mill Creamy Buckwheat Hot Cereal
- 1 tablespoon cashew butter or cashew cream (optional)
- ½ banana, sliced
- drizzle maple syrup or honey (optional)
- 1 tablespoon shredded coconut (optional)
- 1 tablespoon chopped cashews

Instructions

Add the water to a small pot and bring to a boil. Stir in the buckwheat cereal and cook, stirring from time to time over medium-low heat, for five minutes, until the cereal has thickened. The last couple of minutes you need to stir constantly. Stir in the cashew butter if using. Serve hot, topped with bananas, drizzled with maple syrup, and sprinkled with coconut and cashews.

Tips

Variations: top with almonds and raisins and a pat of butter

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

To make your nut cream or butter, grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts and almonds all make for exceptional nut creams, so use your favorite!

Spring and Summer Recipes

Week 2 - Breakfast Day 4

Country-Style Over Easy Eggs with Tomatoes and Dill

By Jennifer Brawn

Golden flecks of garlic and shallots stud these over-easy eggs. It's my favorite breakfast to cook for myself, especially mid-summer when tomatoes are at their peak. The recipe scales up easily.

2 servings

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- extra virgin olive oil
- 3 garlic cloves, minced, divided
- 1 cup cherry or grape tomatoes, halved
- 1 handful fresh dill, chopped
- ½ medium shallot, minced
- 2 eggs
- freshly ground black pepper



Instructions

Warm about 2 teaspoons olive oil into a small skillet; add 2/3 of the garlic, and sauté for 30 seconds. Add the tomatoes and stir until the tomatoes begin to release a bit of their color into the oil, about 1 minute. Stir in the dill and continue to cook for about 20 seconds longer. Remove from the heat.

Add 2 teaspoons more olive oil, the remaining garlic and shallots into a medium non-stick skillet over medium high heat. Cook, stirring occasionally, until the shallots and garlic begin to turn straw colored, about 3 minutes. Carefully crack eggs (keeping yolk intact) into the skillet, sprinkle with black pepper and cook until edges are well cooked, about 4 minutes. Using a spatula, flip the eggs, and cook for an additional 10 to 15 seconds. Slide the eggs and any remaining garlic and shallots onto the plate along with the tomatoes. Add additional black pepper to taste.

Spring and Summer Recipes

Week 2 - Breakfast Day 5

Mighty Tasty Hot Cereal

By Myra Kornfield

Bob's Red Mill makes a delicious gluten free hot cereal, consisting of cracked brown rice, corn, white sorghum, and buckwheat, called Mighty Tasty Gluten Free Hot Cereal. It cooks fast, tastes delicious with a variety of toppings, and makes a warming satisfying breakfast. Swirl in a tablespoon of almond butter and a dash of sweetener for a luscious breakfast.

2 servings

Prep Time: 5 minutes

Cook Time: 7-10 minutes

Ingredients

- 2 cups water
- ½ cup Bob's Red Mill Mighty Tasty Gluten Free Hot Cereal
- 2 tablespoons raisins or other chopped dried fruit
- 2 tablespoons almond butter (optional)
- 2 teaspoons honey

Instructions

Bring the water to a boil in a small pot. Stir in the cereal and dried fruit. Lower the heat to a gentle bubble and cook, stirring from time to time, until the water is absorbed and the cereal has thickened, about 5 minutes. Stir constantly for the last few minutes as the cereal starts to thicken.

Stir in the almond butter and sweetener if using. Serve hot.

Tips

Scale the recipe up or down to suit your needs.

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

To make your nut cream or butter, grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts and almonds all make for exceptional nut creams, so use your favorite!

Spring and Summer Recipes**Week 2 - Breakfast Day 6****Sweet Potato Mash with Poached Eggs****By Kathie Madonna Swift**

This is a delicious way to start the day! Sweet potatoes are nutrient-dense and not just a side for dinner.

2 servings**Prep Time: 10 minutes****Cook Time: 10 minutes****Ingredients**

- 2 medium organic sweet potatoes, diced
- ½ yellow onion, diced
- ½ fennel bulb, diced
- ½ red pepper, diced
- parsley sprigs, chopped
- 2 tablespoons extra virgin olive oil
- pinch of freshly ground black pepper

Poached Eggs:

- 2 tablespoons apple cider or white wine vinegar
- 4 eggs, at room temperature

Instructions

Place olive oil in a sauté pan, add diced vegetables and cook over medium heat until vegetables are tender. Stir in chopped parsley and pepper to taste.

Meanwhile, bring 2 quarts water and the vinegar to a boil in a shallow skillet with sides. Lower the heat to a gentle simmer, crack the egg into a small bowl and gently slide into the water. The eggs should be covered by the water. Cover the pan and cook until set, about 2 ½-3 minutes. Remove with a slotted spoon, drip dry.

Serve vegetables with a poached egg on top.

Spring and Summer Recipes

Week 2 - Breakfast Day 7

Chicken Patties with Apple and Arugula

By Rebecca Katz

Why a pattie and not a burger? You can shape these into a poultry puck if you like, but they're ideal in bite-size proportions. They're perfect for steak-and-egg types who prefer a morning protein rush. Apple, which is commonly added to sausage links, adds a pleasant, sweet taste that isn't overpowering. These are fast and simple to make and store well in the freezer.

6-8 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 2 pounds ground dark-meat chicken
- 1 cup arugula or spinach, finely chopped
- 1 cup apple, peeled and diced
- $\frac{3}{4}$ cup onion, finely chopped
- 1 teaspoon crushed fennel seeds
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon freshly ground pepper
- spritz of fresh lemon juice
- extra virgin olive oil, to coat the pan or grill



Instructions

In a large bowl, combine the chicken, arugula, apple, onion, fennel seeds, cumin, pepper, and lemon juice and mix well. Form into desired sizes of patties.

To grill, preheat a grill pan and brush with oil. Grill the patties over medium heat until browned on both sides. Continue grilling until cooked through.

Or, in a sauté pan, add just enough oil to coat a hot pan. Sauté over medium heat for about 4 minutes on each side, until brown, then add a tablespoon of water and cover to steam until cooked through. Serve for breakfast, lunch or dinner.

Spring and Summer Recipes

Week 2 – Lunch Day 1

Picnic Pasta Salad

By Andrea Boje

This is a gluten free version of the ever-popular picnic dish made with brown rice pasta. Fresh dill really makes the salad come alive.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 8-ounce package brown rice shells or elbows
- 1 celery stalk, diced small
- ½ cup pitted kalamata olives, chopped
- 1 cup cherry tomatoes, quartered
- 1 medium shallot, minced
- 2 tablespoons chopped fresh dill
- ¼ cup plus 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1 cup chickpeas
- freshly ground black pepper



Instructions

Cook the pasta in boiling water according to package directions until al dente. Drain and rinse under cold water, then transfer to a large bowl. Stir in the celery, olives, tomatoes, shallot and dill.

Whisk together the mayonnaise, mustard, vinegar and honey in a small bowl. Mix with the pasta and chickpeas until well combined. Add a sprinkling of black pepper. Taste and add more pepper if necessary.

Spring and Summer Recipes

Week 2 – Lunch Day 2

Quinoa and Black Bean Salad

By Cathy Vogt

Quinoa is a staple grain in my house; it is high in protein, easy to digest and cooks up quickly. Serve the quinoa and black bean salad as is for a one dish meal or place it on top of arugula, watercress or other mixed baby green lettuces.

4-6 portions

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup quinoa
- 1 15-ounce can black beans, drained and rinsed
- ¼ cup fresh lemon juice
- ¼ cup extra virgin olive oil
- 2 plum tomatoes, small diced
- ½ small bunch parsley, coarsely chopped
- 4 scallions, white and green parts, thinly sliced
- 1 medium cucumber, peeled, seeded, diced small
- ½ bunch fresh mint, finely chopped
- freshly ground black pepper



Instructions

Rinse the quinoa well in cool water and drain in a fine mesh strainer. Place the quinoa in a small pot with 2 cups water. Bring to a boil, stir to combine, turn down heat and cover with a tight-fitting lid. Simmer for about 15 minutes until water is absorbed and the quinoa is cooked. Do not disturb the steam holes that form as the quinoa cooks. Remove from the heat and let sit an additional 10 minutes. Transfer the quinoa to a large bowl and toss gently.

Add the beans, lemon juice, and olive oil. Let sit until it reaches room temperature.

Stir in the parsley, scallions, cucumber and mint, mixing thoroughly.

Season with black pepper and additional lemon juice as needed. Serve at room temperature.

Spring and Summer Recipes

Week 2 – Lunch Day 3

Chicken Sausage with Quick Tomato Herb Sauce

By Alexandra Borgia

This is a super fast tomato sauce, extra tasty with the addition of the chicken sausages. Serving over gluten free pasta is an option. The sauce is also good over rice.

4 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- 1 pound chicken sausage
- 2 tablespoons plus 1 teaspoon extra virgin olive oil
- 1 large onion, diced
- 4 garlic cloves, minced
- 1 28-ounce can plum tomatoes
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- ¼ teaspoon freshly ground pepper
- 1 head broccoli rabe, cleaned, chopped and steamed



Instructions

Preheat the oven to 350 degrees F.

Place the sausage in a medium baking dish and rub with 1 teaspoon of the oil. Bake for 20 minutes.

Meanwhile, warm the remaining 2 tablespoons of oil in a medium pot over medium heat. Add the onions and let cook until softened, about 5 minutes, then add the garlic and cook 2 to 3 more minutes.

Add the tomatoes (with juice), basil, oregano, pepper and 1 cup water. Bring to a boil, then lower the heat and simmer partially covered for 10 minutes, until the sauce has thickened a bit.

Transfer to a blender and blend until smooth (or use an immersion blender). Return the sauce to the pot, add the sausage, and simmer for 10 minutes to marry flavors.

Meanwhile, steam the broccoli rabe in a pot of boiling water until tender. Transfer to a serving bowl and toss in the sauce. Serve hot.

Spring and Summer Recipes

Week 2 – Lunch Day 4

Asian Salmon Salad

By Rebecca Katz

This Asian salmon dish gets its flavor from ginger, lime, sesame oil, and scallions. It takes about 5 minutes to prepare this salad, so no more excuses that you don't have time to make lunch!

Makes about 1 cup: 2-4 servings

Prep Time: 10 minutes

Cook Time: none

Ingredients

- 1 7.5-ounce can pink salmon
- ½ teaspoon fresh ginger, grated
- 1 teaspoon fresh lime juice
- 1 tablespoon scallion, finely chopped, green parts only
- 1 teaspoon sesame oil



Instructions

Drain the salmon in a fine-mesh strainer and remove any bones. Place the salmon in a small bowl and use a fork to break it up. Add the ginger, lime juice, scallions, and sesame oil. Mix well and taste. You may want to add a squeeze of lime.

Tips

This salmon salad would be great with Baby Bok Choy with Sesame and Ginger or salad greens. I also love putting this salad on sesame rice crackers.

Spring and Summer Recipes

Week 2 – Lunch Day 5

Chicken Waldorf Salad

By Elliott Prag

This salad is a balanced meal unto itself. It can be made hours in advance and chilled in the refrigerator.

2 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- ¼ cup walnuts
- ½ pound boneless, skinless chicken breasts
- freshly ground black pepper
- extra virgin olive oil
- 1 cup apple, peeled and diced
- 1 tablespoon lemon juice
- 2 scallions, whites and greens, thinly sliced
- 4 teaspoons fresh mint, finely chopped
- ¼ cup raisins
- 1 celery stalk, small diced



Dressing:

- 2 tablespoons plus 2 teaspoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- 2 tablespoons plus 2 teaspoon extra virgin olive oil

Instructions

Preheat the oven to 350 degrees F. Spread the walnuts on a baking sheet and toast for 6-8 minutes, until fragrant and golden. Break the walnuts into pieces and set aside.

Raise the oven to 400 degrees F. Pepper the chicken breasts. Film a large ovenproof skillet with oil over medium-high heat. Add the chicken and sear one side of the chicken until golden brown.

Flip the chicken in the pan then place the pan in the oven. Cook until firm, approximately 12-15 minutes. Cool the chicken and dice it. Cut the apples into ½-inch dice. Sprinkle the pieces with lemon juice to keep them from browning. Mix the chicken with the scallions, mint, walnuts, apples, raisins, and celery in a large bowl.

Make the dressing: Whisk the lemon juice, mustard, honey, and a sprinkling of pepper in a small bowl. Whisk in the olive oil until well combined. Alternatively place all of the dressing ingredients in a blender and blend until well combined. Toss the salad with dressing as desired. Taste, and add more pepper if necessary. Refrigerate for 2 hours before serving.

Spring and Summer Recipes

Week 2 – Lunch Day 6

3 Sisters Polenta Casserole with Pumpkin Seed Pesto

By Myra Kornfeld

You should have leftovers from Dinner Day 4.

If it was so delicious that you have eaten it all, feel free to remake this meal by going to the recipe on Dinner Day 4 (page 56).

Spring and Summer Recipes

Week 2 – Lunch Day 7

Black Bean Chili with Avocado Cream

By Rebecca Katz

I realized this dish had more than enough flavor when I once forgot the chili powder and no one noticed. Still, you can use the chili powder to run up the alarms.

4 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 cup yellow onion, chopped
- 1 ½ cups bell pepper (red, orange and yellow), chopped into small bite-sized pieces
- 3 garlic cloves, minced
- 1 jalapeño, stemmed, seeded, and minced
- 1-3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon ground cinnamon
- 1 28-ounce can crushed tomatoes
- 2 15-ounce cans black beans, drained and mixed with a spritz of fresh lemon juice



Avocado Cream:

- 1 ripe avocado
- ¼ cup loosely packed cilantro (optional)
- 1 tablespoon water
- 1 tablespoon fresh lime juice

Instructions

In a 6-quart pot heat the olive oil over medium heat. Add the onions and sauté for 3 minutes, until soft. Add the bell peppers and sauté until just tender. Add the garlic and jalapeño pepper and sauté for 30 seconds.

Stir in chili powder to taste, the cumin, oregano, and cinnamon. Mix thoroughly to coat the onions and peppers. Stir in the tomatoes and 1 cup of water. Cover and bring to a boil. Decrease the heat and simmer for 20 minutes. Remove the lid, add the beans and simmer, uncovered, about 15 minutes, stirring occasionally.

Avocado Cream: In a blender or a food processor fitted with a metal blade, combine the avocados, cilantro, water, lime juice, and process until smooth. You may want to add some extra lime juice.

Serve in individual bowls garnished with a dollop of Avocado Cream.

Spring and Summer Recipes

Week 2 – Dinner Day 1

Crispy Herb-Baked Cod

By Cathy Vogt

A light misting of olive oil on top of the crust before baking produces a crispy texture without having to fry the fish in a lot of excess oil. A simple tartar sauce is a nice addition to this meal.

4 servings

Prep Time: 15 minutes

Cook Time: 12-18 minutes

Ingredients

- 1/3 cup whole almonds
- 1/3 cup gluten free corn flakes
- 1 tablespoon fresh parsley, minced
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1/8 teaspoon white pepper
- extra virgin olive oil
- 1 pound cod fillets, cut into 4 ounce portions
- 1 lemon, cut in quarter wedges



Instructions

Preheat the oven to 425 degrees F.

Place the almonds and gluten free cornflakes in a food processor and grind until coarse. Transfer to a small bowl and add the parsley, thyme, sage and pepper.

Lightly brush an ovenproof dish with a small amount of olive oil. Lightly brush the tops of the cod fillets with a small amount of olive oil using a pastry brush. Gently dip the cod fillets into the herbed topping, pressing gently so that the crumb mixture adheres to the fish. Dip each fish in the same way.

Place the crusted pieces of fish in the prepared dish. If there is any crumb mixture leftover sprinkle the remaining on top of the fish. Lightly mist the tops of the fish with olive oil.

Bake the fish for 12-18 minutes, or until cooked through. Serve the fish with wedges of fresh lemon on the side.

Spring and Summer Recipes

Week 2 – Dinner Day 2

Gazpacho with Halibut Ceviche

By Diane O'Connell

Whereas gazpacho alone makes a great light lunch on a hot day or a great appetizer for dinner, try this more filling version as a main dinner course. Serve with fresh corn on the cob or avocado on the half-shell.

Everything is chopped in the food processor to make cutting super fast. Allow a few hours to let the lemon juice 'cook' the halibut.

6 servings

Prep Time: 20 minutes

Cook Time: Marinates for 3 hours.

Ingredients

- ¾ pound halibut
- ½ cup fresh lemon juice
- 1 ½ pounds ripe tomatoes
- 1 small red bell pepper
- 2 tablespoons small dice cucumber
- 1 garlic clove, minced
- ½ cup red onion, minced
- 1 tablespoon fresh cilantro, minced
- ½ teaspoon paprika
- cayenne
- 2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar



Instructions

Cut the halibut into half-inch pieces. Marinate the fish in the lemon juice in the refrigerator in a covered container for 3 hours (fish should completely be submerged).

Core and quarter half of the tomatoes. Place in a food processor and purée into liquid. Transfer to a large bowl. This will be the base of the soup.

Core and quarter the other half of the tomatoes. Place in the food processor and pulse to a small dice (consistency should be small chunks of tomatoes in about an equal amount of liquid). Add to the puréed base.

Core and quarter the peppers. Pulse in the food processor to a small dice. Add to the tomatoes.

Slice the cucumber into 2-inch chunks. Pulse in the food processor to a small dice, and add to the bowl of soup.

Mince the garlic and the onion together in the food processor and add to the soup. Add the cilantro, spices, olive oil and vinegar to the soup and stir. Let sit in the refrigerator for an hour or two to chill.

Remove the fish from the refrigerator (flesh should be white and opaque) and strain. Add fish to the soup and mix. Chill for ½ hour. Adjust seasonings if needed and serve.

Spring and Summer Recipes

Week 2 – Dinner Day 3

Chicken... Roasted All The Way To Yum

By Rebecca Katz

I used to think roasting a chicken was a huge production, probably because when I was a kid every bird seemed to be accompanied by endless side dishes. Then I went to Italy and got a crash course in roasting. I didn't have much of a choice: The signora of the house dropped a plucked duck in my lap. I barely spoke the mother-tongue, so it was pretty clear I was going to have to rely on my own wits. I got over my stage fright and figured out the tricks: a hot oven, some lemon juice and a few aromatics. It worked with the duck. It works with a chicken. And it's not a huge production, and there are usually plenty of leftovers. Serve with a baked sweet potato or roasted Brussels sprouts/caraway seeds.

4 servings

Prep Time: 15 minutes

Cook Time: 55 minutes

Ingredients

- 1 4 ½-5 pound chicken, rinsed and thoroughly dried
- 1 teaspoon freshly ground pepper
- 2 lemons
- 4 garlic cloves
- 2 sprigs fresh rosemary or ½ teaspoon dried rosemary
- 2 sprigs fresh thyme or ½ teaspoon dried thyme
- 2 fresh sage leaves



Instructions

Preheat the oven to 450 degrees F.

Be sure that your chicken is thoroughly dry.

Pepper the chicken skin. Cut the lemons in half and squeeze their juice over the chicken. Put the lemon rinds, garlic, rosemary, thyme, and sage into the chicken cavity.

Place the chicken on a roasting rack in a glass or ceramic dish breast-side down (that's legs and butt up!).

Roast for 20 to 30 minutes, turn the chicken breast-side up, and roast another 20 to 30 minutes. Each side should be crisp and brown. You're cooking at a very high heat, so watch the timing carefully.

Decrease the heat to 350 degrees F and continue roasting for 20 minutes, or until a meat thermometer reads 170-degrees when inserted in the thigh or until the juices run clear.

Spring and Summer Recipes

Week 2 – Dinner Day 4

3 Sisters Polenta Casserole with Pumpkin Seed Pesto

By Myra Kornfeld

This festive layered casserole, sandwiched with colorful vegetables, slices beautifully. The pumpkin seed pesto rounds out the flavors. The polenta cooks in a double boiler, with very little tending. While you are making the polenta, cook the stew to have them both ready at the same time. If you can't find the diced tomatoes with chilies, add a minced jalapeño and stir it in with the garlic and spices. This pumpkin seed pesto packs a lot of flavor and is a must with the casserole. The pumpkin seed oil gives it a delicious flavor, although you could use olive oil as well. Serve with an arugula salad. While this recipe has longer prep and cooking time it is well worth the effort and makes loads of delicious leftovers.

1 8x11-inch casserole: serves 6

Prep Time: 45 minutes

Cook Time: 1 ¼ hours

Ingredients

Polenta:

- 1 ½ cups yellow corn grits
- 4 ½ cups water
- 1 tablespoon chili powder

Filling:

- 2 tablespoons extra virgin olive oil plus 1 tablespoon for the top
- 1 cup onion, small dice
- 1 large red or yellow bell pepper, 1-inch dice
- 2 garlic cloves, minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 cups winter squash, preferably Kabocha, peeled and cut into 1-inch cubes
- 1 14-ounce can diced tomatoes with chilies
- 1 cup fresh or frozen corn kernels
- 1 14-ounce can pinto beans, drained and rinsed

Pumpkin Seed Pesto:

- 1 cup pumpkin seeds
- 1 cup cilantro, coarsely chopped
- ½ cup pumpkin seed oil or extra virgin olive oil
- ¼ cup fresh lime juice
- pinch of cayenne

(3 Sisters Polenta Casserole with Pumpkin Seed Pesto continued)

Instructions

Fill a 4-quart saucepan 2/3's full with water and bring it to a simmer.

While the water is heating in the pan, whisk the corn grits, water, and chili powder together in a medium-size metal bowl. Cover the bowl with aluminum foil. (You can also use a double boiler.)

Set the bowl over the simmering water and cook, stirring 3 or 4 times, until the polenta is thick and stiff, about 40 minutes; if necessary, add water to the saucepan under the bowl.

Meanwhile, make the filling: Warm 2 tablespoons of the olive oil in a medium pot. Add the onions and cook until softened, about 7 minutes. Add the peppers and cook an additional 5 minutes.

Stir in the garlic, spices, squash, and tomatoes. Cook uncovered, stirring from time to time, for 5 minutes. Add ½ cup water and cover. Bring to a boil and cook partially covered, until the squash is tender, about 10 minutes. Stir in the beans and corn and cook uncovered an additional 5 minutes to marry flavors and to thicken the filling. Oil an 8x11-inch baking pan.

When the polenta is done, taste. Pour 2 cups of the polenta into the baking pan, and evenly smooth it out.

Spread the stew over the polenta. Top with the remaining polenta (about 2 ½ cups) and smooth it out. Let cool until the polenta is firm, about 15 minutes. At this point it can be refrigerated for up to 2 days. When you are ready to bake, preheat the oven to 375 degrees F. With a knife, score the polenta into 6 to 8 pieces. Brush the top with the remaining tablespoon of olive oil.

Bake until browned, about 30 minutes.

Meanwhile make the pesto: Dry toast the pumpkin seeds in a heavy-bottomed skillet until they pop and plump, about 3 minutes. Remove from the heat and place in a food processor along with the cilantro, oil, lime juice and cayenne. Process until smooth. Store in a small container refrigerated, for up to a week.

Serve the casserole hot, with a hearty dollop of pumpkin seed pesto.

Spring and Summer Recipes

Week 2 – Dinner Day 5

Basmati Rice with Mussels, Raisins, and Walnuts

By Rosalinda Paez

Fresh Mussels are easy to cook, and the cooking broth becomes part of the flavorful sauce. Serve with a side of steamed greens.

4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 9 cups water, divided
- 1 cup white basmati rice
- 2 pounds mussels, debearded and rinsed
- 1 bay leaf
- 2 lemons, quartered
- 5 black peppercorns
- 2 tablespoons extra virgin olive oil
- ¼ cup chopped shallots
- 2 garlic cloves, pressed or minced
- ½ cup tomato paste
- ½ cup raisins
- ⅓ cup chopped walnuts



Instructions

Bring 8 cups of the water to a boil in a large pot. Add the basmati rice and cook uncovered on high heat for 10 minutes. Drain the rice well, return the rice to the same pot, and cover to keep warm.

Meanwhile, add the mussels to a medium skillet with 1 cup water, the bay leaf, the lemons, and the whole peppercorns. Cook covered for 5-7 minutes on medium-high heat, until all shells are open. Discard any mussels that do not open, and transfer all the open ones to a bowl. Strain the cooking broth and reserve. Squeeze the cooked lemons into the broth.

Heat the olive oil in a medium skillet. Add the shallots and sauté over medium-low heat for 5 minutes, then add the garlic and sauté for 30 seconds. Add the reserved broth, the tomato paste and the raisins. Stir until the tomato paste dissolves. Simmer rapidly, uncovered, for about 10 minutes to reduce and concentrate the sauce.

Divide the rice and mussels onto plates, pour the sauce over the mussels, and sprinkle with the walnuts.

Spring and Summer Recipes**Week 2 – Dinner Day 6****Chickpeas with Potatoes and Chard****By Sally Nash**

This is a simple Indian-inspired dish. While chickpeas are a delicious source of protein, you can vary this dish with other types. Serve with a side of roasted beets or lemony basmati rice.

4-6 servings**Prep Time: 15 minutes****Cook Time: 20 minutes****Ingredients**

- 1 tablespoon coconut oil
- 1 large onion, medium dice
- 6 medium red or white potatoes, cut into 1-inch cubes
- ¼ teaspoon turmeric
- ¼ teaspoon white or black pepper
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons ground coriander
- 2 cups water or low-sodium vegetable stock
- 2 15-ounce cans chickpeas, drained and rinsed
- 1 cup fresh tomatoes, seeded, and large dice or 1 14.5-ounce can whole tomatoes, drained
- 1 bunch Swiss chard, stalks removed, leaves thinly sliced

Instructions

Warm the coconut oil in a large skillet over medium heat. Add the onions and sauté until soft and golden, approximately 5-7 minutes.

Add the potatoes, turmeric, pepper, cumin, coriander, and cook for 1 minute. Add the stock or water, stirring and scraping up any stock bits. Cook, covered, on medium low heat for about 7 minutes or until the potatoes are tender.

Uncover and add the chickpeas, tomatoes, and Swiss chard and cook for about 5 minutes on medium-high heat until the flavors are melded. Taste and add more pepper if necessary.

Spring and Summer Recipes

Week 2 – Dinner Day 7

Stir-fried Bok Choy with Shrimp

By Annemarie Colbin, Credits: Food and Our Bones, Plume New York

For a vegetarian variation, replace the shrimp with cubed, seasoned, smoked tofu, available in health food stores. Serve with brown rice for a complete meal.

2-3 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 4 leaves bok choy, white and green parts
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 2 scallions, white and green parts, thinly sliced
- 2 tablespoons gluten free Shoyu or Tamari, divided
- 2 tablespoons water or shrimp stock
- 12 medium shrimp, peeled and deveined



Instructions

Wash the bok choy. Separate the leaves from the thick white stems. Cut the stems into ½-inch piece and the leaves into 1-2 inch pieces.

Heat a wok or a 3 to 4-quart pot over medium-high heat. Add the oil, then the garlic, ginger, and scallions. Stir with a wok spatula or wooden spoon for 30 seconds. Add the whites of the bok choy, and stir for another 1 to 2 minutes. Sprinkle 1 tablespoon of the Shoyu and the water over the whites. Lower the heat to low, place a cover over the wok or skillet, and allow to cook for 6 to 8 minutes.

Uncover, raise the heat to medium-high heat, add the greens, and stir for a minute or two until they're wilted. Stir in the shrimp, and sprinkle with the remaining tablespoon of Shoyu. Stir for 2 to 4 minutes, until the shrimp firm, curl up, and become reddish pink. Serve immediately.

My Foundation Diet (Flexitarian) — Fall and Winter Week 1

My Foundation Diet (Flexitarian)

Fall and Winter Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Best Oatmeal Ever	Herb Scramble	Teff Cereal with Dried Apricots	Spinach and Avocado Omelet	Cinnamon Oat Groats with Almonds	Chipotle Tofu Burrito	Spinach and Wild Salmon Omelet
Lunch	Fast and Easy Turkey Chili	Italian Tofu Meatless Balls	*Fesenjan (Persian Chicken Stew with Walnuts and Pomegranate Juice)	Mediterranean Gluten Free Pasta Salad	Open Faced Cucumber-Gazpacho Sandwich with Salmon	*Gluten Free Turkey Meatloaf	Curried Coconut Sweet Potato Soup
Dinner	*Fesenjan (Persian Chicken Stew with Walnuts and Pomegranate Juice) Save the leftovers for lunch the day after tomorrow.	Sabra Chicken	Kedgerree	*Gluten Free Turkey Meatloaf Save the leftovers for lunch the day after tomorrow.	Laura's 'Delusious' Sausage and Veggie Jambalaya	Stuffed Peppers	Salmon, Black Bean, and Corn Salad

Fall and Winter Recipes

Week 1 – Breakfast Day 1

Best Oatmeal Ever

By Rebecca Katz

When done properly, oatmeal serves as an excellent nutritional base for a heartwarming meal. So how do we get to the Best Oatmeal Ever? Part of the secret is in preparation, getting the oats to the right consistency. Then apply the right combination of flavors. This oatmeal has warming spices, and dried fruit also goes into the mix. Top the whole thing off with nuts or fruit compote and you'll never look at oatmeal as grout again!

2 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup gluten free rolled or steel cut oats
- 1 ½ tablespoons fresh lemon juice
- ¼ cup dried cranberries, cherries, raisins, currants or a mixture
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon fresh or powdered ginger, grated
- 1 teaspoon maple syrup
- ¼ cup rice, almond or soy milk (optional)
- toasted almonds, chopped, for garnish (optional)



Instructions

Place the oats in a pan or bowl with water to cover and the lemon juice. Soak overnight. Drain through a fine-mesh sieve and rinse well under cold water.

In a 4-quart pot, combine the oats and the 2 cups fresh water. Bring to a boil over high heat and cover. Decrease the heat to a simmer and cook 10 minutes, stirring occasionally. Add the dried fruit, cinnamon, cardamom, and ginger. The oatmeal will become very creamy as the water evaporates. Add the maple syrup and milk and stir. For less-moist oatmeal, leave the lid off for the last 3 to 4 minutes of cooking.

Serve in a colorful bowl; garnish with toasted nuts.

Tips

The ancients had it right: before they ate their oatmeal, they soaked it overnight in a bowl of water and lemon juice. Why lemon juice? Because it helps break down the oats' outer shell. This allows more nutrients to be absorbed from the oats and gives them a creamier feel. Go with rolled oats or steel-cut oats (that's an Irish variation) for the best taste and nutrition.

Fall and Winter Recipes

Week 1 – Breakfast Day 2

Herb Scramble

By Caroline Nation

This is a high protein kick-off to the day and can be enjoyed with any herbs you enjoy. The scramble is also delicious with chives, dill, basil, or cilantro. Blanching the herbs for one minute keeps them bright green.

2 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients

- ½ bunch parsley, finely chopped
- 4 eggs
- ⅛ cup fresh dill or basil, finely chopped
- freshly ground black pepper
- 2 teaspoons extra virgin olive oil



Instructions

Bring a medium pot of water to a boil over high heat. Add the parsley and cook for 1 minute, then drain and rinse under cold water.

Whisk the eggs in a medium bowl. Add the parsley, dill or basil and several grinds of pepper, and whisk to combine.

Warm the oil in a large non-stick or cast iron skillet over medium heat. Pour in the eggs and stir gently and constantly, until the eggs form large curds and are cooked to your preference, about 2 to 3 minutes. Serve immediately.

Fall and Winter Recipes

Week 1 – Breakfast Day 3

Teff Cereal with Dried Apricots

By Myra Kornfeld

Dried apricots and teff were made for each other. For a bit more punch, add an additional dash of sweetener. A tablespoon of almond butter on top makes this a delightful breakfast. Soak the grain overnight to cut the cooking time in half.

2 servings

Prep Time: 5 minutes

Cook Time: 10-20 minutes

Ingredients

- 1 teaspoon coconut oil
- $\frac{2}{3}$ cup teff
- 2 $\frac{2}{3}$ cups water
- 4 dried apricots, cut into small pieces (unsulphured variety)
- 1 tablespoon maple syrup or honey (optional)
- 1 tablespoon nut butter (optional)



Instructions

Warm the oil in a small pot. Add the teff and stir a couple of minutes, until the grains are coated and fragrant. Add the water and apricots, cover and bring to a boil. Lower heat and simmer 20 minutes (or 10 minutes if soaked overnight), stirring from time to time until the liquid is absorbed and the grain is cooked.

Stir in the maple syrup and nut butter, if desired, and serve hot.

Tips

Note: To soak overnight, sauté the teff, add the water, apricots and cover. Leave unrefrigerated overnight. In the morning, bring to a boil and proceed with the recipe.

Note: Originally from Ethiopia, although currently harvested in the US, teff is a super grain, higher in protein than any other grain, with a pleasant grainy texture and earthy flavor. It is readily available in natural food stores or by mail order. The tiny grain is cleaned before packaging, so there's no need to rinse it before cooking.

Fall and Winter Recipes**Week 1 – Breakfast Day 4****Spinach and Avocado Omelet****By Myra Kornfeld**

Avocados add just the right amount of creaminess to this omelet. Scale this up by adding 1 to 2 eggs per person and increasing the filling.

1 serving**Prep Time: 5-10 minutes****Cook Time: 5-7 minutes****Ingredients**

- 2 ½ ounces baby spinach, washed but not dried
- 2 teaspoons coconut oil
- 2 eggs
- freshly ground black pepper
- a few slices of ripe avocado
- 1 lime (optional)

Instructions

Wilt the spinach in a medium non-stick skillet, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach. Transfer to a plate to set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of pepper. Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the oil coats the bottom and the sides. Allow the oil to sizzle, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan. When there's just a little moist egg puddle on top, add the spinach. Fold the egg over the spinach; layer the spinach with a few avocado slices and a squeeze of lime. Slide the omelet onto a plate. Serve hot.

Fall and Winter Recipes**Week 1 – Breakfast Day 5****Cinnamon Oat Groats with Almonds****By Terry Walters**

Oat groats are the whole oats with just the hull removed. They make a great breakfast and are chewier than rolled or steel cut oats. Soaking the groats overnight allows them to cook faster the next morning. It's important to make sure to chew the groats well! Proper digestion starts with the enzymes secreted in the mouth, so take your time, chew and enjoy this hearty start to your day.

2 servings**Prep Time: 5 minutes****Cook Time: 35 minutes****Ingredients**

- ½ cup gluten free whole oats
- ½ cup water
- ½ cup apple cider or juice
- 1 cinnamon stick
- 2 tablespoons sliced toasted almonds
- ¼ apple, chopped
- 1 tablespoon ground flax seeds
- honey or maple syrup to taste

**Instructions**

Soak the oats overnight (or for at least 1 hour before cooking) in a small pot. Drain the soaking water and rinse the oats. Add the water, cider and cinnamon stick, and bring to a boil. Lower the heat, cover and simmer for 25-30 minutes or until the liquid is absorbed. Remove and discard the cinnamon stick. Fold in the almonds, apple and flaxseeds. Top with a drizzle of honey or maple syrup and serve hot.

Fall and Winter Recipes

Week 1 – Breakfast Day 6

Chipotle Tofu Burrito

By Dana Jacobi

Often served for breakfast, this meatless burrito also makes a solid lunch.

4 small burritos

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- ½ cup prepared low-sodium chipotle salsa
- 1 16-ounce package tofu, firm or extra firm
- 4 sprouted corn tortillas
- 1 teaspoon extra virgin olive oil or canola oil
- ¼ cup onion, finely chopped
- 1 jalapeño, stemmed, seeded, and minced
- ⅛ teaspoon turmeric
- freshly ground black pepper
- 4 teaspoons fresh cilantro, chopped



Instructions

Preheat the oven to 300 degrees F.

Place the salsa in the strainer and set aside to drain.

With your hands, break the tofu into 8 pieces. Place a piece of the tofu in the palm of one hand, at the base of the fingers. Place the other hand over the tofu, at a right angle, as if you were clapping, and gently but firmly press the tofu. (Curling your thumbs and fingers to clasp your fingers together is helpful.) Squeeze until the tofu is about half its original height, and looks slightly like curds, and about half of its moisture has been removed. Place in a bowl, and repeat to squeeze out all of the tofu. This can be done up to 4 hours ahead and the tofu covered and refrigerated.

Wrap the tortillas in foil and warm them in the oven (or use the toaster oven). Set out the warm tortillas on a work surface.

In a medium, non-stick skillet, heat the oil over medium-high heat. Sauté the onion until it is translucent, 3-4 minutes. Mix in the tofu, jalapeño, and turmeric and cook, stirring constantly, until the tofu is evenly golden. When the tofu looks slightly moist, about 2 minutes, stir in the cheese. Add pepper to taste.

Spoon ¼ of the tofu down the center of each tortilla. Spoon 1 tablespoon of the salsa over the tofu. Sprinkle on 1 teaspoon of the cilantro. Roll in the sides of the tortillas and serve immediately.

Fall and Winter Recipes**Week 1 – Breakfast Day 7****Spinach and Wild Salmon Omelet****By Myra Kornfeld**

Salmon makes this omelet a hearty breakfast. Scale this up by adding 1 to 2 eggs per person and increasing the filling.

1 serving**Prep Time: 5-10 minutes****Cook Time: 5-7 minutes****Ingredients**

- 2 ½ ounces baby spinach, washed but not dried
- 2 teaspoons coconut oil
- 2 eggs
- freshly ground black pepper
- 3 ounces flaked canned wild salmon

Instructions

Wilt the spinach in a medium non-stick skillet, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach. Transfer to a plate to set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of pepper. Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the oil coats the bottom and the sides. Allow the oil to sizzle and the foam to subside, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan. When there's just a little moist egg puddle on top, add the spinach. Layer the spinach with 3 ounces of flaked canned wild salmon. Fold the egg over the spinach, and slide the omelet onto a plate. Serve hot.

Fall and Winter Recipes

Week 1 – Lunch Day 1

Fast and Easy Turkey Chili

By Alexandra Borgia

This quick chili is short on time and long on flavor. Serve it with corn on the cob and a salad or brown rice and chili fixings. To spice the chili up a bit, add ¼ teaspoon of red pepper flakes or 1 teaspoon of chili powder with the other spices.

4 servings

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large onion, cut into medium dice
- 1 large green bell pepper, medium dice
- 3 garlic cloves, chopped
- 1 pound ground turkey, preferably dark meat
- 1 14.5-ounce can crushed tomatoes
- 1 15-ounce can kidney beans, drained and rinsed
- ½ teaspoon freshly ground pepper
- ½ teaspoon dried oregano
- ½ teaspoon fennel or cumin seeds
- 1 cup water



Instructions

Warm the oil in a medium pot over medium heat. Add the onions, pepper, and garlic and cook until slightly softened, about 5 minutes.

Add the turkey and continue to cook, breaking up the turkey with a spoon, until the turkey is no longer pink, about 10 minutes.

Stir in the tomatoes, beans, the black pepper, oregano, fennel, and water. Bring to a boil, then lower the heat and simmer, partially covered for 30 minutes. Serve hot.

Fall and Winter Recipes

Week 1 – Lunch Day 2

Italian Tofu Meatless Balls

By Sally Nash

I created this recipe because I became a vegetarian and I missed my mother's Italian meatballs. Serve the meatballs with a simple tomato sauce. Make a meatball sub by adding the balls to a gluten free baguette with tomato sauce, mozzarella and fresh basil. Serving over gluten free pasta is also an option.

6 servings

Prep Time: 15-20 minutes

Cook Time: 40-50 minutes

Ingredients

- 1 pound firm or extra firm tofu
- ½ cup loosely packed parsley
- ½ cup loosely packed basil
- 4 garlic cloves, minced
- 1 cup pecans or sunflower seeds, finely ground
- freshly ground black pepper
- 1 cup fresh gluten free breadcrumbs
- 1 egg
- 1 teaspoon gluten free Shoyu or Tamari
- 2 teaspoons fresh oregano, finely chopped



Instructions

Preheat the oven to 400 degrees F.

Slice the tofu into 6 slices, lay on a dishtowel and drain for 15-20 minutes.

Finely chop the parsley and basil and set aside.

Place the tofu in a large bowl. Using a pastry cutter or a large fork, crumble the tofu into tiny pieces. Stir in the garlic, nuts and a sprinkling of black pepper, and breadcrumbs until well combined.

In a small bowl crack the egg and whisk in the Tamari. Pour into the tofu and mix well.

Form the mixture into 1 ½ inch balls-you will have about 36. Place on an oiled or parchment-lined baking sheet. Bake for 20 minutes, then turn each meatball over and bake another 15 minutes or so, until lightly brown.

Tips

To form the meatballs use a small ice cream scoop. This makes the balls uniform and also helps form them quickly. Release them from the scoop and roll them in the palm of your hands to form a firm ball. Place on a parchment covered baking sheet.

(Italian Tofu Meatless Balls continued)

After the tofu balls are cooked you can use them immediately with your favorite sauce and pasta. Heat the sauce and immerse the meatballs you would like to use into the sauce and cook for about 10 minutes until they are softened by the sauce.

The tofu balls freeze well. Let them cool completely before putting into an airtight freezer bag. To defrost, drop them into hot tomato sauce and cook for about 10 minutes.

Fall and Winter Recipes

Week 1 – Lunch Day 3

Fesenjan (Persian Chicken Stew with Walnuts and Pomegranate Juice)

By Jennifer Abadi

You should have leftovers from Dinner Day 1.

If it was so delicious that you have eaten it all, feel free to remake this meal by going to the recipe on Dinner Day 1 (page 77).

Fall and Winter Recipes**Week 1 – Lunch Day 4****Mediterranean Gluten Free Pasta Salad****By Diane O'Connell**

This dish gets raves every time. If the tomatoes are whole, slice or quarter them. This dish is tasty served over a bed of salad greens.

4 servings**Prep Time: 10 minutes****Cook Time: 15 minutes****Ingredients**

- 1 12-ounce package gluten free short pasta
- 1 cup sun-dried tomatoes in olive oil
- 1 6-ounce jar quartered artichoke hearts in oil
- 2 tablespoons dried basil leaves
- 1 3.5-ounce jar capers
- 1 tablespoon garlic powder
- freshly ground black pepper

**Instructions**

In a large pot, bring 4 quarts of water to a boil. Add the pasta and cook according to package directions, or until al dente. Drain and place in a large mixing bowl.

Drain the oil from the sun dried tomatoes and the artichoke hearts into the cooked pasta. Toss the pasta with the oil to keep from sticking.

Slice the sun dried tomatoes and the artichoke hearts, and add both to the pasta. Add the basil, capers (including liquid), and garlic. Fold together, taste, and add a sprinkling of black pepper, if necessary.

Fall and Winter Recipes**Week 1 – Lunch Day 5****Open Faced Cucumber-Gazpacho Sandwich with Salmon****By Rosalinda Paez**

What an inventive way to enjoy gazpacho. The gazpacho is poured over a crusty piece of gluten free bread, topped with cucumber spears. Smoked salmon completes the sandwich, which is best eaten with a fork and knife.

4 servings**Prep Time: 15 minutes****Cook Time: none****Ingredients**

- 4 large regular or English cucumbers, peeled
- 2 garlic cloves, peeled
- ½ cup onion, roughly chopped
- ½ cup green bell pepper, roughly chopped
- 1 ½ pound tomatoes, quartered
- ¼ cup extra virgin olive oil
- leaves of Savoy cabbage
- ¼ pound smoked salmon, thinly sliced
- ¼ cup chopped parsley, for garnish

**Instructions**

Peel and halve the cucumbers lengthwise. Seed and cut in half crosswise. Reserve one cucumber and cut each half of the other three cucumbers lengthwise into spears about ½-inch thick.

Add the garlic to a food processor and pulse until chopped well. Add the reserved cucumber, the onion, green pepper, tomatoes, oil and vinegar. Pulse a few times making sure all is chopped but still chunky.

Place a leaf of Savoy cabbage on each plate, then layer with cucumber spears and gazpacho sauce, then top with smoked salmon and garnish with parsley.

Fall and Winter Recipes

Week 1 – Lunch Day 6

Gluten Free Turkey Meatloaf

By Diane O'Connell

You should have leftovers from Dinner Day 4.

If it was so delicious that you have eaten it all, feel free to remake this meal by going to the recipe on Dinner Day 4 (page 80).

Fall and Winter Recipes**Week 1 – Lunch Day 7****Curried Coconut Sweet Potato Soup****By Jennifer Brawn**

The combination of sweet potato and coconut milk gives this soup an extra silky smooth texture, with a little added heat from the curry powder. This is perfect on a cool day.

6 cups**Prep Time: 20 minutes****Cook Time: 20 minutes****Ingredients**

- 1 tablespoon coconut oil or extra virgin olive oil
- 1 medium onion, chopped
- 2 teaspoons curry powder, preferably medium spicy
- 1 ¼ pounds sweet potatoes, peeled and cut into 1-inch pieces
- 1 14-ounce can light coconut milk
- 2 cups low-sodium chicken stock, low-sodium vegetable stock, or water

**Instructions**

Heat the oil in a medium pot over medium-high heat. Add the onions, stirring occasionally, until the onions are softened, about 5 minutes.

Add the curry powder and cook for 30 seconds. Then add the sweet potato, coconut milk, and stock, stirring to combine. Bring to a boil and cover. Reduce heat to a simmer and cook for 15 minutes until sweet potatoes are tender.

Carefully transfer mixture to a blender and blend until smooth. (You may want to do this in two batches.) Return the soup to the pot.

Divide soup into bowls and serve hot.

Tips

As a precaution when blending hot liquids, drape a clean towel over the lid and hold the lid down. Fill the canister only up to half way.

Fall and Winter Recipes

Week 1 – Dinner Day 1

Fesenjan (Persian Chicken Stew with Walnuts and Pomegranate Juice)

By Jennifer Abadi

Like the Syrians, Persians like the combination of meat with fruit. In this stew, the combination of the sweet and tart pomegranate juice with the lime juice, walnuts, and chicken is not only delicious but healthy.

Serve over aromatic jasmine rice and with sautéed greens for a hearty and flavorful dinner.

Refrigerate leftovers and reserve for lunch!

5 servings

Prep Time: 15 minutes

Cook Time: 1 ½ hours

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- 1 ¼ cups walnuts, finely ground
- 1 medium onion, finely chopped
- ¼ teaspoon cinnamon powder
- freshly ground black pepper
- 2 tablespoons tomato paste
- 2 tablespoons maple syrup
- 1 cup cold water
- 1 ¼ cups pomegranate juice
- ¼ cup fresh lime juice
- 2 ½ pounds chicken legs and thighs, skinned



Instructions

Place 1 tablespoon of the oil in a medium skillet and toast the ground walnuts over medium heat until golden, about 5-7 minutes. Stir constantly to prevent burning. Transfer the walnuts to a large (2-3 quart) skillet.

In the medium skillet, add the remaining oil and cook the onions over medium heat until brown, about 10 minutes. Add the onions to the walnuts.

Add all remaining ingredients except chicken pieces to the walnut-onion mixture. Mix the sauce well and simmer over low heat for 10 minutes until it thickens slightly.

Add the chicken pieces. Cover and simmer approximately 1 hour, stirring occasionally. Chicken is ready when the meat is tender and falling off of the bone. Serve hot.

Fall and Winter Recipes

Week 1 – Dinner Day 2

Sabra Chicken

By Caroline Nation

This recipe is adopted from Oded Schwartz's "In Search of Plenty". The sweet and salty mix of olives with oranges is particularly delicious. Make sure to dry the chicken breasts thoroughly after you remove them from the marinade to ensure even browning. Serve with steamed quinoa and broccoli spears.

4 servings

Prep Time: 15 minutes

Cook Time: 50 minutes plus 2 hours marinating time

Ingredients

- 1 cup low-sodium chicken or vegetable stock
- grated or julienned zest of ½ orange
- ½ cup fresh orange juice
- ⅛ teaspoon paprika
- freshly ground black pepper
- 6 chicken breasts, with skin and bones
- 2 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 8 green olives, pitted
- chopped fresh mint to garnish



Instructions

Mix together in a shallow baking dish the stock, zest, orange juice, and paprika with a sprinkling of pepper.

Add the chicken and marinate refrigerated for 2 hours, turning the chicken a couple of times to make sure it is all submerged in the marinade.

Remove the chicken breasts from the marinade, shake off and pat dry thoroughly. Reserve the remaining marinade.

Heat the oil in a large skillet with sides over medium high heat until your hand held 1-inch above the pan feels hot. Add the chicken, skin side down and cook until golden brown, about 4 minutes per side. Transfer to a plate and set aside. Pour off all but a thin film of fat.

Lower the heat to medium, add the onions, scrape up any brown bits, and cook until they are translucent, about 5 minutes.

Add the marinade and simmer covered for 10 minutes.

Return the chicken to the pan, cover, and simmer gently over low heat for another 30 minutes, or until the chicken is cooked through.

Transfer the chicken to a plate and tent with foil to keep hot. Add the olives to the liquid, raise the heat, and cook until the sauce bubbles and thickens, about 3 to 5 minutes. Pour the sauce over the chicken. Sprinkle with the mint and serve hot.

Fall and Winter Recipes

Week 1 – Dinner Day 3

Kedgeriee

By Caroline Nation

Hindi 'khichri' is the original dish of boiled rice and lentils. When it was brought to England by a seafarer in the 19th century, smoked haddock became the fish of choice, the lentils were dropped, and eggs were added. Traditionally it is served for breakfast or brunch, but I have enjoyed it for other meals as well. I love this dish because it's easy, delicious, good-for-you, nursery food. We have left the usual cream addition out of this recipe but trust me with the coconut oil it remains luscious if a bit rougher. Feel free to substitute shrimp, tuna or salmon for the haddock, and use dill instead of the Indian spices below. Serve with a baked sweet potato and asparagus spears.

4 servings

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients

- 4 cups water
- 1 pound haddock
- 1 ½ cups brown basmati rice
- 4 eggs
- 3 tablespoons coconut oil
- 1 medium onion, finely chopped
- 1 teaspoon garam masala
- ½ teaspoon turmeric powder
- freshly ground black pepper
- 1 tablespoon fresh parsley, chopped



Instructions

Bring four cups of water to a boil in a medium pot. Lower the heat, add the haddock, and simmer for 10 to 15 minutes, until just opaque and cooked through. Drain the cooking water and reserve the water and fish separately. When cool enough to handle, flake the fish, removing and discarding any skin and bones. Return 3 cups of water to the pot.

Rinse the rice about 3 times until the water runs clear, then add the rice to the cooking water. Cover and bring to a boil, then lower heat and simmer for about 25 minutes, until the rice is tender. Drain any extra water that remains and allow the rice to dry.

Meanwhile, add the eggs to a small pot and cover with water. Bring to a boil and cook for 1 minute. Then turn off the heat and let the eggs sit in the hot water for 10 to 12 minutes. Drain and rinse the eggs under cold water, then peel. Quarter 2 of the eggs, roughly chop the other two, and set them aside.

Melt the coconut oil in a medium skillet. Add the onions, garam masala, and turmeric. Fry gently over medium low heat, stirring from time to time, until the onions are softened, about 7 minutes.

Stir the cooked onions into the rice and fold in the fish and the roughly chopped eggs. Season with a generous sprinkling of freshly ground black pepper. Sprinkle with parsley and garnish with the quartered eggs.

Tips

Note: I prefer brown basmati rice, but long and short grain brown rice work well also. They will take an additional 10 minutes or so to cook.

Fall and Winter Recipes

Week 1 – Dinner Day 4

Gluten Free Turkey Meatloaf

By Diane O'Connell

Almost all the meatloaf recipes I encounter contain gluten (breadcrumbs and Worcestershire sauce) and eggs. This turkey meatloaf contains rice crackers (for the gluten-sensitive) and is eggless (for those with egg allergies). Most importantly, it's a delicious meal the whole family will enjoy. Refrigerate leftovers and reserve for lunch!

6-8 servings

Prep Time: 10 minutes

Cook Time: 35-45 minutes

Ingredients

- extra virgin olive oil for greasing the pan
- 2 packages (3½-ounce each) gluten free rice crackers (sesame-Tamari is especially delicious)
- 1 large yellow onion
- 3 celery stalks
- 2 pounds ground turkey, preferably dark turkey
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons fresh parsley, minced
- 1 20-ounce jar tomato sauce



Instructions

Preheat the oven to 350 degrees F. Oil a 9 x 13-inch baking dish.

Grind the crackers in a food processor into crumbs. Transfer to a large bowl.

Mince the onion and celery in a food processor and place in the large bowl with the crackers and turkey. Stir in the pepper and parsley and mix well. Place in the prepared baking dish. Pat down the top to make even.

Bake for 30-40 minutes, until the top begins to brown and remove from the oven. Pour tomato sauce over the top and bake for 5 more minutes to set. Slice and serve hot.

Fall and Winter Recipes

Week 1 – Dinner Day 5

Laura's 'Delusious' Sausage and Veggie Jambalaya By Laura Pole

Here's a one-pot meal that is inspired by the traditional Cajun dish jambalaya. Instead of rice, I use the quick-cooking nutty tasting quinoa. Quinoa cooks in 15 minutes, and you can even leave the chicken out of the dish and still get a complete protein. The dish tastes even better the next day, so enjoy the leftovers. Use the vegetables that I have suggested here or vary the vegetables according to the season. They should add up to about three cups.

4 servings

Prep Time: 20 minutes

Cook Time: 30-35 minutes

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- ¾ pound uncured turkey or chicken, cut into ½-inch slices
- ½ cup diced yellow onion
- 2 garlic cloves, minced
- ½ cup carrots, large diced
- ½ cup green beans, large diced
- 1 cup broccoli florets
- ¼ cup bell pepper (red, orange or yellow), diced
- ½ cup eggplant, diced
- ½ cup zucchini, cut into ½-inch half-moon slices
- 2 Roma tomatoes, diced
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- freshly ground black pepper
- ¾ cup quinoa, rinsed and drained
- 1 ½ cups water
- chopped green onions or parsley for garnish



Instructions

Warm 1 tablespoon of the oil in a large skillet over medium heat.

Add the sausage and cook until golden brown, about 2 minutes per side. Transfer the sausage to a plate and set aside.

Add the remaining tablespoon oil and the onions to the skillet and sauté until lightly browned, about 7 minutes.

Stir in the garlic and sauté for 30 seconds.

Add the carrots, green beans, broccoli, and peppers and sauté for about 3 minutes.

(Laura's 'Deluscious' Sausage and Veggie Jambalaya continued)

Add the eggplant and zucchini and sauté for about 1 minute.

Add the tomatoes, thyme, oregano, basil, and a sprinkling of black pepper. Cook for 1 more minute.

Mix in the sausage, quinoa, and water. Bring the liquid to a boil, cover, lower the heat and simmer gently for about 15 minutes until the quinoa is tender.

Serve hot, sprinkled with scallions and parsley.

Tips

Note: Red Quinoa is especially lovely in the dish. For a vegetarian jambalaya, cut ½ pound tempeh (garden vegetable is my favorite) into 1-inch cubes and pan fry in olive oil until golden. Add in place of the sausage. You can also add edamame for an even quicker option.

Fall and Winter Recipes

Week 1 – Dinner Day 6

Stuffed Peppers

By Jennifer Brawn

These Mexican spiced stuffed peppers are great for lunch or dinner and make delicious leftovers. This is also a great way to use any previously cooked chicken breast. Serve alone or serve on top of cooked rice.

4-6 servings

Prep Time: 20 minutes

Cook Time: 35 minutes

Ingredients

- ½ pound boneless, skinless chicken breast
- 4 large red bell peppers, halved lengthwise, seeds and white membranes removed
- extra virgin olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 medium zucchini, diced
- 1 bunch spinach, washed, stemmed, and torn into bite-sized pieces, or 6 ounces baby spinach
- ½ cup fresh or frozen corn kernels
- 1 15-ounce can black beans, drained and rinsed
- 1 tablespoon chili powder



Instructions

Preheat the oven to 400 degrees F.

Slice the chicken lengthwise into thin strips. Heat 1 teaspoon of olive oil in a non-stick skillet and cook until the chicken is cooked through, about 3 minutes per side. Shred the chicken when it is cool enough to handle and set aside.

Arrange the peppers cut-side down on a parchment-lined baking sheet. Rub the peppers on both sides with oil. Bake for about 15 minute until tender yet still holding their shape. Remove from the oven. Flip the peppers cut-side up.

Meanwhile, heat 1 tablespoon olive oil in a large skillet with sides over medium-high heat. Add the onions and garlic, and cook for 2 minutes. Stir in the zucchini and cook for an additional 2 minutes. Add the cleaned spinach (in batches if necessary) and sauté until wilted.

Stir in the shredded chicken, corn, black beans, chili powder, and cook for an additional minute.

Using a measuring cup, scoop the mixture into the halved peppers.

Place the peppers on a parchment-covered baking sheet and bake for 10 minutes, until the peppers are hot. Serve hot.

Fall and Winter Recipes

Week 1 – Dinner Day 7

Salmon, Black Bean, and Corn Salad

By Dana Jacobi

Chili pepper and corn give this salad southwestern flavor which is perfect served for brunch or as a light dinner. It also packs well as a brown-bag lunch. A tomato, cut into wedges, makes the perfect accompaniment.

4 servings

Prep Time: 15 minutes

Cook Time: none

Ingredients

- 1 7 ½-ounce can wild red salmon
- 1 15-ounce can black beans, drained and rinsed
- 1 cup fresh or defrosted frozen yellow corn kernels
- 1 green bell pepper, seeded and chopped
- 3 large whole scallions, chopped
- ½ cup chopped sweet onion

Dressing:

- 3 tablespoons fresh lime juice
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ⅛ teaspoon freshly ground black pepper

For serving:

- 8 large romaine lettuce leaves
- 4 small vine tomatoes, each cut into 4 wedges
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh cilantro leaves, chopped

Instructions

Place the salmon in a mixing bowl. Reserve the large bones and if desired, the skin. Add the beans, corn, green pepper, scallions, and onion, tossing with a fork to combine them with the salmon.

For the dressing, combine the lime juice, chili powder, cumin and pepper in a small bowl. Pour the dressing over the salad and toss to combine.

Line each of four salad plates with a lettuce leaf. Mound ¼ of the salmon and bean salad onto the lettuce. Arrange the tomato wedges around the salad. Sprinkle on some of the basil and cilantro, and serve immediately. This salad should be served the day it is made.



My Foundation Diet (Flexitarian) — Fall and Winter Week 2

My Foundation Diet (Flexitarian)

Fall and Winter Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Portobello Mushroom with Tomatoes and Sausage	Creamy Millet Breakfast Porridge	Turkey Sausage Burgers with Poached Eggs	Banana Buckwheat Cereal	Salmon Frittata with Fresh Dill	Chicken Patties with Apple and Arugula	Kathie's Breakfast Spread
Lunch	Fish with Green Coconut Curry	Carne Asada Tacos	Beef Stir-Fry	*Butternut Squash Soup with Crispy Shallots and Sage	Bison Burgers	Bean and Quinoa Corn Chowder	*Braised Chicken in Curry Sauce
Dinner	"Black Diamond" Flat Iron Steak	*Butternut Squash Soup with Crispy Shallots and Sage Save the leftovers for lunch the day after tomorrow.	Braised Tilapia with Tomatoes and Olives	African Groundnut Stew	*Braised Chicken in Curry Sauce Save the leftovers for lunch the day after tomorrow.	Easy Coq au Vin	Gluten Free Crab Cakes with Horseradish Mayonnaise

Fall and Winter Recipes

Week 2 – Breakfast Day 1

Portobello Mushrooms with Tomatoes and Sausage

By Myra Kornfeld

Sautéed portobello mushrooms combined with tomatoes and sausage to make hearty breakfast fare, served with or without gluten free toast. Use your favorite natural nitrate free sausage.

2 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ½ pound portobello mushrooms
- 2 tablespoons extra virgin olive oil
- freshly ground black pepper
- ¼ pound linked nitrate free natural turkey or pork sausage
- 1 cup cherry tomatoes, halved
- 2 tablespoons fresh parsley, chopped



Instructions

Remove the stems and wipe the caps with a damp paper towel to remove any grit. Slice the cap into ¼ inch pieces and slice each piece in half.

Warm the oil in a medium skillet over medium-low heat. Add the mushrooms, along with a sprinkling of black pepper, and cook until the mushrooms are browned and have shrunk considerably in size, about 10 minutes. Raise the heat during the last few minutes, stirring frequently, until the mushrooms are well browned.

Meanwhile, add the sausage to a cast iron or heavy bottomed skillet. Cook the first side for a few minutes, then slice the sausage lengthwise down the middle and flip, cooking the sausage open side down. Cook until the sausage is cooked through, flipping again, about 7 to 10 minutes all together. Transfer the sausage to a cutting board and cut into ½-inch thick pieces.

Add the tomatoes to the mushrooms and cook for a minute to warm through. Stir in the sausage and sprinkle with the parsley. Serve hot.

Fall and Winter Recipes

Week 2 – Breakfast Day 2

Creamy Millet Breakfast Porridge

By Annemarie Colbin, Credits: Food and Our Bones, Plume New York

This excellent breakfast dish is hearty and satisfying. It takes a little over an hour to cook but requires no attention. You can also mix grains: try barley and rice, or millet and quinoa. Reheat leftovers by adding ¼ cup of water per portion and steaming until hot. Add a side of sauerkraut or cooked greens for some extra calcium.

4 servings

Prep Time: 5 minutes

Cook Time: 1 ¼ hours + overnight soak

Ingredients

- 1 cup millet
- 7 cups water
- 4 tablespoons raw almonds
- 4 tablespoons roasted sunflower seeds
- 4 tablespoons flax oil
- 4 teaspoons maple syrup (gluten free) (optional)



Instructions

At night, wash and drain the millet. Place in a 2-quart pot with 2 cups of the water and 1 teaspoon of the lemon juice, umeboshi vinegar, or sauerkraut liquid. Cover and soak overnight.

In the morning, drain the millet. Add the remaining 5 cups of water to the millet and bring to a boil. Lower the heat and simmer, covered, for about 1 hour and 15 minutes, without stirring.

Divide the millet into 4 bowls. Divide the almonds, sunflower seeds, and flaxseed oil, and add to each serving; season with maple syrup for a sweet flavor. Stir well, and enjoy.

Fall and Winter Recipes

Week 2 – Breakfast Day 3

Turkey Sausage Burgers with Poached Eggs By Judith Friedman

This power breakfast will keep you charged until lunchtime and it makes a great high protein meal for lunch or dinner. Serve these with steamed asparagus.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

Turkey Sausage:

- 1 pound ground turkey
- 1 ½ tablespoons gluten free Shoyu
- 2 tablespoons onion, grated
- 2 garlic cloves, minced or pressed
- 1 egg, lightly beaten
- 2 tablespoons sunflower seeds, finely chopped
- 1 teaspoon fennel seeds, crushed
- ¼ teaspoon dried thyme
- pinch of cayenne
- 2 teaspoons extra virgin olive oil



Poached Eggs:

- 2 tablespoons apple cider or white wine vinegar
- 4 eggs, at room temperature

Instructions

Combine the turkey, Shoyu, onion, garlic, egg, sunflower seeds, fennel seeds, thyme and pepper in a bowl. Shape into 8 patties. Refrigerate what you won't be cooking immediately.

Warm the oil in a large non-stick skillet over medium heat until your hand feels hot when held 1-inch above the skillet. Add the turkey burgers (they should make a sizzling sound). Cook for 5 minutes on each side until browned and the meat is cooked through.

Meanwhile, bring 2 quarts water and the vinegar to a boil in a shallow skillet with sides. Lower the heat to a gentle simmer, crack the egg into a small bowl and gently slide into the water. The eggs should be covered by the water. Cover the pan and cook until set, about 2 ½-3 minutes. Remove with a slotted spoon, drip dry, and serve on top of the cooked burgers.

Tips

To quickly get eggs to room temperature, put them in a bowl with very warm tap water.

Fall and Winter Recipes

Week 2 – Breakfast Day 4

Banana Buckwheat Cereal

By Myra Kornfeld

Bob's Red Mill makes a delicious buckwheat cereal, naturally gluten free, that cooks quickly. Buckwheat marries beautifully with bananas and cashews; coconut adds a tropical flair. Cook it in coconut water (readily available in Whole Foods of your health food store), for subtle sweetness and a dose of electrolytes.

1 serving

Prep Time: 5 minutes

Cook Time: 7 minutes

Ingredients

- 1 cup coconut water or water
- ¼ cup Bob's Red Mill Creamy Buckwheat Hot Cereal
- 1 tablespoon cashew butter or cashew cream (optional)
- ½ banana, sliced
- drizzle maple syrup or honey (optional)
- 1 tablespoon shredded coconut (optional)
- 1 tablespoon chopped cashews

Instructions

Add the water to a small pot and bring to a boil. Stir in the buckwheat cereal and cook, stirring from time to time over medium-low heat, for five minutes, until the cereal has thickened. The last couple of minutes you need to stir constantly. Stir in the cashew butter if using. Serve hot, topped with bananas, drizzled with maple syrup, and sprinkled with coconut and cashews.

Tips

Variations: top with almonds and raisins and a pat of butter

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

To make your nut cream or butter, grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts and almonds all make for exceptional nut creams, so use your favorite!

Fall and Winter Recipes**Week 2 – Breakfast Day 5****Salmon Frittata with Fresh Dill****By Annemarie Colbin, Credits: Food and Our Bones, Plume New York**

This is great for a light lunch or hearty breakfast. Serve this with whole grain bread for breakfast, and add a mixed green salad for lunch. The recipe scales up well, and it's good cold too.

2 servings**Prep Time: 5 minutes****Cook Time: 10 minutes****Ingredients**

- 1 7½ -ounce can salmon, without oil or salt
- 2 teaspoons fresh lemon juice
- 1 tablespoon fresh dill, chopped or 1 teaspoon dried oregano and basil
- freshly ground black pepper
- 2 eggs
- extra virgin olive oil

**Instructions**

Preheat the broiler.

Drain the salmon and transfer to a medium bowl.

Mash the salmon with a fork to break up all the pieces, skin, and bones. Stir in the lemon juice and dill, and mix well with the fork. Grind in a sprinkling of black pepper.

Break the eggs into the salmon and mix in thoroughly. Heat the oil in a medium non-stick or cast iron skillet over medium heat until bubbling. Use a spatula to spread it evenly. Lower the heat to low and cook for 5 to 6 minutes, or until the sides are set. The whole frittata should slide around when you shake the pan.

Place the skillet under the broiler and cook until the top is golden and the frittata is cooked through, about 3 minutes. (You can also glide the frittata onto a plate and turn it over into the pan, and cook another 3 minutes.) Slide the frittata onto a work surface, cut in half, and serve immediately.

Fall and Winter Recipes**Week 2 – Breakfast Day 6****Chicken Patties with Apple and Arugula****By Rebecca Katz**

Why a pattie and not a burger? You can shape these into a poultry puck if you like, but they're ideal in bite-size proportions. They're perfect for steak-and-egg types who prefer a morning protein rush. Apple, which is commonly added to sausage links, adds a pleasant, sweet taste that isn't overpowering. These are fast and simple to make and store well in the freezer. Serving on gluten free toast is optional.

6-8 servings**Prep Time: 15 minutes****Cook Time: 10 minutes****Ingredients**

- 2 pounds ground dark-meat chicken
- 1 cup arugula or spinach, finely chopped
- 1 cup apple, peeled and diced
- ¾ cup onion, finely chopped
- 1 teaspoon fennel seeds, crushed
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground pepper
- spritz of fresh lemon juice
- extra virgin olive oil, to coat the pan or grill

**Instructions**

In a large bowl, combine the chicken, arugula, apple, onion, fennel seeds, cumin, pepper, and lemon juice and mix well. Form into desired sizes of patties.

To grill, preheat a grill pan and brush with oil. Grill the patties over medium heat until browned on both sides. Continue grilling until cooked through.

Or, in a sauté pan, add just enough oil to coat a hot pan. Sauté over medium heat for about 4 minutes on each side, until brown, then add a tablespoon of water and cover to steam until cooked through. Serve for breakfast, lunch or dinner.

Fall and Winter Recipes**Week 2 – Breakfast Day 7****Kathie's Breakfast Spread****By Kathie Madonna Swift**

A delicious spread designed to perk up your morning! This is especially handy when you are on the go. It is a delicious compliment to apples, pears, and bananas.

1 serving**Prep Time: 5 minutes****Cook Time: none****Ingredients**

- 1 tablespoon natural nut butter
- 2 teaspoons ground flaxseed
- 2 teaspoons water
- dash of fresh ginger juice
- Slices of your favorite fruit (i.e. bananas, apples, pears)

Instructions

Add all ingredients to a food processor or a small bowl and combine until fully mixed. Spread on fresh fruit.

Fall and Winter Recipes**Week 2 – Lunch Day 1****Fish with Green Coconut Curry**
By Elliott Prag

This sautéed fish goes well with the Thai-inspired green curry. Serve this over rice.

4 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

Curry:

- 1 bunch fresh mint leaves
- 1 bunch fresh basil leaves
- 1 bunch fresh cilantro leaves
- 2 garlic cloves, thinly sliced
- 1 jalapeño, stemmed and seeded
- ¾ cup coconut milk
- 3 tablespoons sesame oil

Fish:

- 1 tablespoon sesame oil
- ½ cup cornmeal
- 4 4-6 ounce thin fish fillets (flounder or sole)
- freshly ground black pepper

Instructions

Make the curry:

Blend the herbs, garlic, jalapeño, coconut milk, and oil until smooth.

Make the fish:

Warm the oil in a large non-stick skillet over medium-high heat. Spread the cornmeal on a plate. Dredge the fish in the cornmeal on both sides and sprinkle with pepper. Cook until golden, and cooked through, a minute or two per side.

Serve the fish hot with a dollop of the curry.

Fall and Winter Recipes**Week 2 – Lunch Day 2****Carne Asada Tacos****By Nathan Donahoe**

Skirt and flank steaks are of the most flavorful cuts of steak and make an excellent taco filling. Serve with all various fixins: tortillas, guacamole, salsa, lettuce and, if you like, nut cream. Add leftovers to salads for a Mexican Steak Salad.

2 servings**Prep Time: 5 minutes****Cook Time: 10 minutes****Ingredients**

- ½ teaspoon ground cumin
- ¾ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- ½ teaspoon paprika
- cayenne
- 3 tablespoons fresh lime juice
- ¾ pound skirt or flank steak

**Instructions**

Combine the cumin, onion powder, garlic powder, paprika, chili powder, and cayenne in a small bowl. Mix well and set aside.

Cut the steak along the grain into 1-1 ½ inch wide ribbons. Then cut against the grain (perpendicular to the fibers) into ¼-inch chunks.

Heat a wide heavy-bottomed skillet on high heat. Place the steak chunks in a single layer. Allow the steak to brown, about 2 minutes per side.

Turn the burner down to medium. Add the lime juice, and loosen the chunks off the pan. Make sure to loosen the brown bits with a spatula. Add the spice mixture and toss with the meat. Serve hot.

Fall and Winter Recipes

Week 2 – Lunch Day 3

Beef Stir-Fry

By Ela Guidon

This dish comes together quickly, so have everything prepped and everyone at the table before you start cooking. Change the protein and vegetables to create endless variations according to season and availability.

4 servings

Prep Time: 15 minutes

Cook Time: 8 minutes

Ingredients

- 3 tablespoons coconut oil or canola oil
- 1 tablespoon fresh ginger, finely chopped
- 4 garlic cloves, finely chopped
- 1 pound boneless sirloin steak, cut into 2-inch long thin strips
- 1 celery stalk, cut into 1/4-inch slices
- 1 red bell pepper, cut into strips
- 1 zucchini, sliced into 1/4 moons
- 4 scallions, whites and greens, cut into 2-inch pieces
- 1/4 teaspoon red pepper flakes
- 2 tablespoons gluten free Shoyu or Tamari
- 2 tablespoons mirin
- 2 tablespoons fresh lemon juice
- 8 ounces mung bean sprouts (optional)
- 1 tablespoon sesame oil
- 3 tablespoons cilantro, chopped



Instructions

Heat a large skillet or wok over medium-high heat. Add 1 tablespoon of the oil and coat the bottom of the pan.

Add half of the ginger, garlic, and beef and stir quickly. Brown the meat for about 2 minutes until it turns slightly grayish and the escaping juice has evaporated. Transfer to a plate and tent with foil to keep warm. Repeat with the other half.

Add the remaining 1 tablespoon of oil. Add the celery, pepper, zucchini, and red pepper flakes. Cook until the vegetables are crisp and tender, about 2 more minutes. Stir in the scallions.

Add the Shoyu, mirin, and lemon juice and return the meat to the skillet and stir together well. Stir in the mung beans if using. Sprinkle with pepper to taste.

Drizzle the sesame oil over the vegetables and the meat. Stir in the cilantro and serve immediately.

Fall and Winter Recipes

Week 2 – Lunch Day 4

Butternut Squash Soup with Crispy Shallots and Sage

By Myra Kornfeld, Credits: The Healthy Hedonist by Myra Kornfeld. Simon and Schuster

You should have leftovers from Dinner Day 2.

If it was so delicious that you have eaten it all, feel free to remake this meal by going to the recipe on Dinner Day 2 (page 101).

Fall and Winter Recipes

Week 2 – Lunch Day 5

Bison Burgers

By Anna Sobaski

A Bison Burger is good anytime of year and can be combined with almost any vegetable or dinner salad or served on a gluten free bun or broad leaf lettuce. Bison is a delicious and healthy alternative to beef. It is generally not difficult to find grass-fed bison.

4 servings

Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients

- ½ pound ground bison
- 2 tablespoons good quality mayonnaise
- ⅓ cup fresh parsley, chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 1 medium red onion, minced
- ⅓ cup celery, minced
- ⅓ cup red bell pepper, minced
- 1 egg, beaten
- 2-3 tablespoons extra virgin olive oil
- 1 anchovy



Instructions

Combine the bison, mayonnaise, parsley, mustard, honey, green onion, red pepper, and anchovy. Add the egg and blend well. Season with pepper to taste. Form into 8 small or 4 larger patties.

Heat 2-3 tablespoons of oil in a large skillet. Turn heat to medium, cover and cook the bison until it has a golden outside, about 6-8 minutes each side. Cooking time will vary with thickness; the thicker the burger is the longer the cooking time.

Fall and Winter Recipes**Week 2 – Lunch Day 6****Bean and Quinoa Chowder****By Dana Jacobi**

Instead of dairy, this stew-like chowder gets full flavor from vegetable broth. If possible, use one that is tomato based, such as Health Valley, rather than one where carrot dominates.

4 servings**Prep Time: 15 minutes****Cook Time: 25 minutes****Ingredients**

- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 1 celery rib, sliced
- 1/3 cup quinoa, rinsed and drained
- 1 small zucchini, cut into 1/2-inch cubes
- 1 medium red skinned potato, cut into 1/2-inch cubes
- 1/2 Granny Smith apple, peeled, cored, cut into 1/2-inch cubes
- 6 cups low-sodium vegetable broth
- 1 15-ounce can kidney beans, drained and rinsed
- 1 cup corn kernels, fresh or frozen
- freshly ground black pepper
- 2 tablespoons cilantro, chopped (for garnish)
- 4 sprouted corn tortillas (optional)

**Instructions**

Heat the oil in a large pot over medium-high heat. Add the onion and celery and sauté until the onion is translucent, about 4 minutes.

Add the quinoa, zucchini, potato, and apple. Pour in the broth and bring to a boil. Reduce the heat and simmer until the potatoes are tender and the grain is cooked, about 15 minutes.

Mix in the beans and corn, and cook until they are heated through. Season the chowder to taste with pepper. Ladle into bowls, and garnish with the cilantro and corn tortillas, if desired. Serve hot.

Fall and Winter Recipes

Week 2 – Lunch Day 7

Braised Chicken in Curry Sauce

By Cathy Vogt

**You should have leftovers from Dinner Day 5.
If it was so delicious that you have eaten it all, feel free to remake this meal by
going to the recipe on Dinner Day 5 (page 105).**

Fall and Winter Recipes

Week 2 – Dinner Day 1

"Black Diamond" Flat Iron Steak

By Thom Kotch

The flat iron steak, also known as a top blade steak, is without a doubt, my favorite cut of beef. It is particularly tender when marinated for 8 hours or so. Anything calling for skirt or flank steak can be substituted with a flat iron steak. This steak is best grilled over medium-high heat. Let it rest for a few minutes before serving. Serve with parsley red potatoes and a medley of seasonal vegetables.

4 servings

Prep Time: 10 minutes, plus 8 hour marinade

Cook Time: 12 minutes

Ingredients

- 2 tablespoons canola oil
- ¼ cup gluten free Shoyu
- ¼ cup brown rice syrup
- ¼ cup brown rice vinegar
- 1 tablespoon fresh ginger, grated
- 2 garlic cloves, minced
- 1 star anise
- 1 cinnamon stick
- 4 6-ounce flat iron steaks
- freshly ground black pepper



Instructions

Place the oil, Shoyu, rice syrup, vinegar, ginger, garlic, star anise, and the cinnamon stick in a small saucepan and bring to a boil. Immediately remove from heat and allow to cool. Remove the cinnamon stick and star anise. At this point the marinade can keep for a week in the refrigerator.

Using a paring knife, score a cross-hatched diamond pattern about 1/8-inch thick on both sides of each steak. Put the steaks and marinade in a 1-gallon zip-lock bag and allow to marinate for 8 hours. Remove the steaks from marinade and pat them dry.

Preheat the grill to medium-high. Season the steaks with pepper and grill to an internal temperature of 135 degrees, about 6 minutes on each side. If you use a meat thermometer insert it sideways.

Let the steaks rest for 5 minutes in a warm spot or tent with foil.

Fall and Winter Recipes

Week 2 – Dinner Day 2

Butternut Squash Soup with Crispy Shallots and Sage

By Myra Kornfeld, Credits: The Healthy Hedonist by Myra Kornfeld. Simon and Schuster

Creamy squash soups just scream 'autumn.' With a soup as simple as this one, roasting the squash first to heighten its flavor is of the utmost importance. The silky texture is offset with a flourish of caramelized shallots and sage. A non-stick skillet provides a deep fried crisp with the minimum amount of oil. Serve with a spinach, walnut and apple salad. This soup can be refrigerated and reserved for another day.

6 servings

Prep Time: 20 minutes

Cook Time: 1 hour

Ingredients

- 1 2½-pound butternut squash
- 2 tablespoons extra virgin olive oil
- 6 garlic cloves, peeled
- 1 leek, white part only, chopped
- 1 ½ teaspoon ground cumin
- 1 medium orange sweet potato, peeled and cut into rounds
- ½ cup apple cider or apple juice
- 5 cups water
- freshly ground black pepper

Garnish:

- 2 tablespoons extra virgin olive oil
- 10 sage leaves
- ½ cup sliced shallots

Instructions

Preheat the oven to 375 degrees F. Cut the squash in half and place it face down on a parchment-covered baking sheet. Bake about 40 minutes, until the squash is tender. Remove from the oven and cool for a few minutes. Remove the seeds with a large spoon and discard. Scoop the flesh into a bowl. You should have about 3 cups.

Warm the oil in a medium pot. Add the garlic cloves, the leeks, and cumin, and sauté over medium-low heat about 10 minutes, until the leeks are softened. Add the squash, sweet potato, apple cider, and water. Cover the pot and bring to a boil. Reduce heat and simmer partially covered about 15 minutes, until the sweet potatoes are softened. Purée the soup with a hand-held blender or in batches with a standing blender until smooth. Return the soup to the pot and add a sprinkling of black pepper.

Make the garnish: Have a baking sheet or large plate ready, lined with paper towels. Warm the oil in a medium non-stick skillet. Add the shallots and cook about 5 minutes, stirring frequently to cook evenly, until the shallots are browned and crispy. Remove the shallots from the oil with a slotted spoon and place on the paper towels to drain excess oil. With a tongs, immediately add the sage leaves to the skillet and cook about 5 seconds, just until withered and crispy, but still bright green. Remove the leaves and drain on the paper towel. Crumble the sage into a small bowl. Serve the soup hot, sprinkled with sage with a mound of shallots in the middle. You can store the crispy shallots and sage for up to one week, covered, at room temperature. The soup stores at room temperature for four days and freezes beautifully.



Fall and Winter Recipes**Week 2 – Dinner Day 3****Braised Tilapia with Tomatoes and Olives****By Rosalinda Paez**

This Mexican-style stovetop braise is perfect for busy weeknights. Add some asparagus to the skillet to cook with the fish and serve with a green salad.

4 servings**Prep Time: 15 minutes****Cook Time: 25 minutes****Ingredients**

- 2 tablespoons extra virgin olive oil
- ¼ cup red onion, thinly sliced
- 4 garlic cloves, pressed or smashed
- 1 pound tomatoes, cored and roughly chopped
- ¼ cup water
- 1 tablespoon dried oregano
- ½ cup green olives, sliced
- 1 pickled jalapeño, chopped small
- ¼ cup parsley, chopped
- 4 4-ounce tilapia fillets
- 1 tablespoon fresh lime juice

**Instructions**

Warm the oil in a large skillet on medium heat. Add the onions and sauté for about 5 minutes, until softened. Add the garlic and sauté for 1 minute, then add the tomatoes, water, oregano, the olives, jalapeño, and parsley. Simmer uncovered on low heat for 10 minutes. Add the tilapia, cover and cook for about 8 minutes, until cooked through. Sprinkle on the lime. Serve the fish topped with sauce.

Tips

Pickled jalapeños are available canned in supermarkets. Once opened, store the remaining peppers refrigerated in a covered container for up to 4 months.

Fall and Winter Recipes

Week 2 – Dinner Day 4

African Groundnut Stew

By Myra Kornfeld

This soothing stew is both light on the belly and filling. Serve it sprinkled with the crunchy and refreshing peanut-cucumber salsa. If you can't find diced tomatoes with chilies, mince a jalapeño and add it with the ginger and garlic. Use an excellent quality real nut butter, made only from nuts, with no added sugar or hydrogenated fat.

2-3 servings

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients

Salsa:

- ¼ cup chopped roasted peanuts, macadamia or cashew nuts
- ¼ cucumber, peeled, seeded, small dice
- ½ jalapeño, stemmed, seeded, and minced
- 2 tablespoons fresh cilantro, chopped
- 2 teaspoons fresh ginger, minced
- 1 tablespoon fresh lime juice

Stew:

- 2 tablespoons extra virgin olive oil
- 1 small onion, small dice
- 1 celery stalk, cut into 2-inch pieces
- 1 garlic clove, minced
- 2 teaspoons fresh ginger, peeled minced
- ¾ cup diced tomatoes with chilies (½ 14-ounce can)
- ⅓ pound sweet potato, peeled and cut into 1-inch chunks
- ½ pound winter squash, cut into 1-inch chunks
- 2 cups cauliflower florets
- 2 tablespoons creamy nut butter diluted in ½ cup warm water (peanut, macadamia, or cashew)
- ½ head watercress, heavy stems removed, for garnish (optional)



Instructions

Make the salsa: Mix the peanuts, cucumber, jalapeño, cilantro, ginger, and lime juice together in a small bowl and set aside.

Warm the oil in a medium (4 quart) pot over medium-low heat. Add the onions and celery, and cook 5 minutes, until the onions are translucent. Stir in the ginger and garlic, and cook another 5 minutes.

Add the tomatoes and sweet potatoes, raise the heat to medium, and cook about 3 to 4 minutes, stirring from time to time, until the tomatoes are reduced and thickened.

Pour in 1 cup water, cover, and bring to a boil. Lower the heat and simmer, partially covered, 10 minutes. Add the squash and cauliflower, and cook 15 minutes, until the vegetables are tender.

(African Groundnut Stew continued)

Add the diluted peanut butter to the stew and cook uncovered a few minutes, stirring every so often to make sure nothing sticks to bottom of pot. Serve in bowls lined with watercress. Sprinkle with the salsa.

Tips

Be sure to use homemade or excellent health food store peanut butter, with no sugar added.

Refrigerate remaining tomatoes for up to 1 week or freeze for up to 2 months.

Fall and Winter Recipes

Week 2 – Dinner Day 5

Braised Chicken in Curry Sauce

By Cathy Vogt

This dish has lots of rich sauce which is a nice accompaniment for a pot of grains or roasted vegetables. Alternatively, serve with simply prepared greens. Refrigerate leftovers and reserve for lunch!

4-6 servings

Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients

- 3 ½ pounds bone-in chicken pieces (legs, thighs, halved breasts), skin removed
- ½ teaspoon freshly ground black pepper
- 1 tablespoon curry powder
- ¼ cup chickpea flour
- 2 tablespoons extra virgin olive oil
- 1 medium onion, minced
- 3 garlic cloves, minced
- 1 15-ounce can unsweetened coconut milk
- 1 ½ cups low-sodium chicken stock or water
- 2 teaspoons mild Thai curry paste
- 2 tablespoons fresh lime juice
- 1 tablespoon maple syrup
- ½ cup fresh parsley, minced



Instructions

Rinse and pat the chicken dry. Cut away any excess skin or fat. Mix together the flour, pepper and curry powder. Set aside on a plate.

Heat a large heavy sauté pan or Dutch oven over medium-high heat. Add the oil, onions, and garlic and sauté a few minutes until the onions are softened. Dredge the chicken pieces in the curried flour mix, shaking to remove excess flour. Add the pieces, as many as will fit without overcrowding and brown evenly on all sides.

Meanwhile, in a small bowl combine the coconut milk, chicken stock, curry paste, lime juice, maple syrup, and a sprinkling of pepper.

When the chicken pieces are all browned, pour the coconut milk mixture over the chicken and stir to combine.

Turn down the heat to simmer, cover and cook for 25-30 minutes or until the chicken is cooked through and tender.

Add minced parsley to the top right before serving.

Fall and Winter Recipes

Week 2 – Dinner Day 6

Easy Coq au Vin

By Thom Kotch

Coq au vin or chicken braised in wine is a delicious, easy preparation. Legs and thighs are best to use as they lend themselves to braising without getting dry. Traditional recipes call for red wine and bacon but I find the white wine gives the dish a more appealing color. Serve accompanied with garlic smashed potatoes and a salad of mixed greens.

4 servings

Prep Time: 20 minutes

Cook Time: 1 hour 15 minutes

Ingredients

- 4 each chicken legs and thighs
- 2 tablespoons extra virgin olive oil
- 3 carrots, peeled and cut into diagonal slices ½-inch thick
- 3 celery stalks, cut into diagonal slices ½-inch thick
- 1 large onion, thinly sliced
- 2 garlic cloves, minced
- 2 tablespoons chickpea flour
- 2 cups white wine
- 2 cups chicken stock
- 1 bay leaf
- 6 large button or crimini mushrooms, cleaned and quartered
- freshly ground black pepper
- 2 tablespoons chives, chopped



Instructions

Preheat the oven to 350 degrees F.

Pat the chicken parts dry with a paper towel.

Heat the oil in a large pot over medium-high heat until quite hot. Add the chicken and brown well, about 4 minutes per side. Transfer the chicken to a plate and pour off all but a thin film of fat. Lower the heat, add the carrots, celery, onions, and garlic and sauté over medium for five minutes, until they cook but not color. Add the flour and stir until lightly colored. Add the wine and mix to distribute the flour. Stir in the chicken stock and bay leaf. Return the chicken to the pot with the mushrooms and a sprinkling of pepper. Stir to combine, then cover and bake until cooked through, an hour to an hour and 15 minutes.

Remove from the oven and sprinkle with chives.

Divide the chicken into soup plates, and ladle with broth and vegetables.

Fall and Winter Recipes

Week 2 – Dinner Day 7

Gluten Free Crab Cakes with Horseradish Mayonnaise

By Andrea Boje

The flavor of the crab shines in these simple crab cakes that are accompanied by a tangy mayonnaise. Serve with a green salad or cabbage dill jicama slaw to round out the meal. Make the breadcrumbs from your favorite gluten free loaf. Leave the bread out to stale, and then grind it into crumbs in a food processor.

4 servings

Prep Time: 15 minutes

Cook Time: 8 minutes

Ingredients

- 1 pound shelled crabmeat
- 2 eggs, lightly beaten
- 2 tablespoons red onion, minced
- 2 teaspoons fresh parsley, chopped small
- 2 teaspoons fresh chives, chopped small
- ¼ teaspoon cayenne
- ¼ teaspoon paprika
- ½ teaspoon Dijon mustard
- freshly ground black pepper
- 1 teaspoon fresh lemon juice
- ¾ cup flax cracker, crushed, divided



Horseradish Mayonnaise:

- 1 cup good quality mayonnaise
- 2 tablespoons prepared horseradish
- zest of ½ lime
- 2 tablespoons fresh lime juice
- 3 tablespoons coconut oil or extra virgin olive oil for frying

Instructions

Mix together the crab, eggs, red onion, parsley, chives, cayenne, paprika, mustard, a sprinkling of black pepper, and the lemon juice in a large bowl. Stir in ¼ cup of the breadcrumbs. Spread the remaining breadcrumbs on a large plate.

Shape the crab mixture into 8 round cakes, pressing firmly to help it hold together. Place each cake into the breadcrumb mixture, carefully turning over to coat both sides.

Make the horseradish mayonnaise. Stir the mayonnaise, horseradish, lime zest, and juice in a bowl.

Heat the oil in a large skillet over medium heat until a hand held 1-inch above the skillet feels hot. Add the cakes 3 or 4 at a time in a pan and fry until browned on each side, about 2 minutes per side. Transfer to a plate lined with a paper towel to drain the oil. Serve immediately, topped with the mayonnaise.

My Foundation Diet Snacks and Treats (Flexitarian)

Snacks and Treats

Swift Soothie

By Kathie Madonna Swift

A soothing and satisfying way to start your day!

Ingredients

- 1 cup coconut milk
- 1 cup chilled water
- ½ cup frozen berries
- 1 frozen small banana
- 2 tablespoons natural almond butter
- 1 tablespoon ground flaxseed
- ¼ teaspoon allspice

Instructions

Place all ingredients in blender and blend until smooth. Add more water or coconut milk as needed for desired consistency.

Note: Freeze bananas ahead of time – peel, wrap in wax paper and freeze

Chocolate Orange Smiles

By Kathie Madonna Swift

These melt in your mouth chocolate treats will be sure to bring a smile to your face!

Ingredients

- ⅓ cup hazelnuts
- ⅓ cup pecans
- ⅓ cup chocolate chips
- 10 pitted dates, preferably Medjool
- ¼ teaspoon cinnamon
- ½ teaspoon grated orange peel
- Few drops pure orange oil

Instructions

Place all ingredients in a food processor fitted with the S-blade and pulse until the mixture forms in a small paste. Transfer to a bowl and refrigerate for at least 1 hour before serving. Form the mixture into bite-sized balls, shaping them gently with your hands and placing them on a tray.

My Foundation Diet (Flexitarian) — Shopping Lists

My Foundation Diet (Flexitarian) Shopping List — Spring and Summer Week 1

Produce

Measurement	Ingredient	Measurement	Ingredient
4	avocados	2 large heads	garlic
6 heads	baby bok choy	1 large	green bell pepper
2.5 oz	baby spinach	1 small	jalapeño
3	bananas	¼ cup	kalamata olives
1 cup	beets	5	lemons
a few leaves	Boston lettuce	5	limes
3/4 lb	cabbage, nappa or green	½	mango
4	carrots	3	navel oranges
4 stalks	celery	7 medium	onions
2 pints	cherry tomatoes	1 cup	pineapple
1	cucumber	4 med	potatoes, sweet or yam
1	fennel bulb	½ lb	potatoes, yukon gold
2 bunches	fresh cilantro	3	red bell peppers
1 small bunch	fresh dill	1 medium	red onion
1 large piece	fresh ginger	1 head	romaine lettuce
2 bunches	fresh parsley	1 bunch	scallions
1 small bunch	fresh thyme	2	tangerines
1 piece	fruit (your favorite)	2 medium	zucchini

Nuts and Seeds

Measurement	Ingredient
1 cup	nuts, raw (cashews, macadamia, almonds)
1 cup	nuts, walnuts
1/3 cup	sesame seeds
2 Tbsp	sunflower seeds
½ cup	toasted cashews

Meat, Fish and Poultry

Measurement	Ingredient
3 lb	chicken breast, boneless, skinless
1 lb	ground turkey
½ lb	halibut steak
4 slices	lox
2 lbs	salmon
16 jumbo	shrimp
(2) 6-oz fillets	snapper

Eggs and Dairy

Measurement	Ingredient
(1) 8 oz package	baked tofu
1 dozen	eggs

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA-free canned items)
(1) 15 oz can	canned Aduki beans
(2) 15 oz can	canned chickpeas
(1) 28 oz can	canned diced tomatoes
(1) 14 oz + (1) 3 oz	canned salmon
(1) jar	capers
	low-sodium salsa

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
3 cups	apple cider or juice		flax seeds
	arrowroot powder		freshly ground black pepper
1 Tbsp	Braggs amino acids		garlic powder
	brown rice vinegar		gluten free Shoyu or Tamari
	canola oil		ground cinnamon
	cardamom		ground cumin
	cayenne		honey
	champagne vinegar	1 pot	mellow miso
2 cups	chicken stock		mirin
	coconut oil		nutmeg
	dried basil		paprika
	dried oregano		sesame oil
	dried thyme		white wine vinegar
	extra virgin olive oil	1 package	wooden skewers
	fennel seeds		

Breads

Measurement	Ingredient
8	sprouted corn tortillas

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
1 cup	amaranth
1 cup	green lentils
1 cup	millet
1 cup	rice, brown basmati
1 cup	rice, wild

My Foundation Diet (Flexitarian) Shopping List — Spring and Summer Week 2

Produce

Measurement	Ingredient	Measurement	Ingredient
2 cups	apple	3 heads	garlic
1 cup	arugula or spinach	For garnish	ginger
1 bunch	asparagus	1	jalapeño
1	avocado	For garnish	lemon thyme
½	banana	10	lemons
4 leaves	bok choy	3	limes
1 head	broccoli rabe	6	onions
2 stalks	celery	1	plum tomatoes
2 cups	cherry tomatoes	6 medium	potatoes, red or white
1 cup	corn kernels, fresh or frozen	2 medium	potatoes, sweet potatoes or yams
1	cucumber	4	red bell peppers
1	fennel bulb	1 med	red onion
2 bunches	fresh cilantro	10	scallions
1 bunch	fresh dill	4 medium	shallots
1 bunch	fresh mint	1 bunch	swiss chard
1 bunch	fresh parsley	10 small	tomatoes
2 sprigs	fresh rosemary	2 medium	winter squash
2 leaves	fresh sage	1 med	yellow onion
2 sprigs	fresh thyme		

Nuts and Seeds

Measurement	Ingredient
½ cup	almonds, raw whole
1 Tbsp	cashews, chopped
1 cup	pumpkin seeds
4 Tbsp	sunflower seeds, roasted
1 cup (5 oz)	walnuts

Meat, Fish and Poultry

Measurement	Ingredient
4.5-5 lb	chicken
½ lb	chicken breast, boneless, skinless
1 lb	chicken sausage
2 lbs	chicken, ground dark meat
2/3 lb	halibut
2 lbs	mussels
1 lb	cod fillets
12 medium	shrimp

Eggs and Dairy

Measurement	Ingredient
1 dozen	eggs

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA-free canned items)
(3) 15 oz	canned black beans
(3) 15 oz	canned chickpeas
(1) 28 oz	canned crushed tomatoes
(1) 14 oz	canned diced tomatoes with chilies
(1) 14 oz	canned pinto beans
(1) 28 oz	canned plum tomatoes
(1) 7.5 oz	canned salmon
½ cup	kalamata olives
1 cup	mayonnaise
3 Tbsp	nut butter, (cashew or almond butter)
½ cup	tomato paste

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
	apple cider vinegar		gluten free Shoyu or Tamari
	balsamic vinegar		ground cinnamon
	bay leaf		ground coriander
5	black peppercorns		ground cumin
	cayenne		honey
	chili powder	2 cups	low-sodium vegetable stock
	coconut oil		maple syrup
1 cup	coconut water		nutmeg
2 Tbsp	Dijon mustard		paprika
	dried basil		pumpkin seed oil
	dried oregano	1 cup	raisins
	dried sage		sesame oil
	dried thyme	For garnish	shredded coconut
	extra virgin olive oil		turmeric
1 tsp	fennel seeds		white pepper
4 Tbsp	flax oil		white wine vinegar
	freshly ground black pepper		

Pastas/Noodles

Measurement	Ingredient
(1) 8 oz package	brown rice shells or elbows

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
¼ cup	Bob's Red Mill Creamy Buckwheat Hot Cereal
½ cup	Bob's Red Mill Mighty Tasty Gluten Free Hot Cereal
½ cup	cornflakes
1 cup	millet
1 cup	quinoa
1 cup	rice, white basmati
1.5 cups	yellow corn grits

My Foundation Diet (Flexitarian) Shopping List — Fall and Winter Week 1

Produce

Measurement	Ingredient	Measurement	Ingredient
1	apple	½ cup	green beans
1	avocado	3	green bell pepper
5 oz	baby spinach	For garnish	green onions (or parsley)
1 cup	broccoli florets	1	jalapeño
1	cabbage, Savoy	1	lemon
1	carrot	3	limes
3 stalks	celery	9	onions
1.5 cups	corn kernels, fresh or defrosted frozen yellow	1	orange
4	cucumbers	1 ¼ lb	potatoes, sweet
½ cup	eggplant, diced	5	red bell pepper
½ cup +	fresh basil	2	Roma tomatoes
For garnish	fresh dill	8 large leaves	romaine lettuce
4 tsp + leaves	fresh cilantro	3 large whole	scallions
For garnish	fresh mint	1 bunch	spinach
½ cup	fresh orange juice	1 small	sweet onion
For garnish	fresh oregano	10 small	tomatoes
1 bunch	fresh parsley	1 small	yellow onion
2 heads	garlic	2 medium	zucchini
For garnish	ginger		

Nuts and Seeds

Measurement	Ingredient
3 Tbsp	almonds, sliced toasted
1 Tbsp	ground flax seeds
1 cup	pecans or sunflowers seeds, finely ground
1 ¼ cup	walnuts

Meat, Fish and Poultry

Measurement	Ingredient
½ pound	chicken breast, boneless, skinless
6	chicken breast, with skin and bones
2.5 lbs	chicken legs and thighs
3 lbs	ground turkey
1 lb	haddock
¼ lb	smoked salmon
¾ lb	turkey or chicken

Eggs and Dairy

Measurement	Ingredient
13 eggs	eggs
2 lbs	tofu, firm or extra firm

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA-free canned items)	Measurement	Ingredient
6 oz jar	artichoke hearts, quartered in oil	(1) 3.5 oz jar	capers
(2) 15 oz can	canned black beans, drained and rinsed	8	green olives, pitted
(1) 14 oz can	canned coconut milk (light)	½ cup	low-sodium salsa
(1) 14.5 oz can	canned crushed tomatoes	1 Tbsp	nut butter (your preference)
(1) 15 oz can	canned kidney beans	1 cup	sun-dried tomatoes
(1) 7.5 oz can + (1) 3 oz can	canned salmon, flaked, wild	2 Tbsp	tomato paste
(1) 20 oz jar	canned tomato sauce		

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
½ cup	apple cider		garlic powder
	canola oil		gluten free Shoyu or Tamari
	chili powder		ground cardamom
	cinnamon powder		ground cinnamon
	cinnamon stick		ground cumin
	coconut oil		ground flaxseeds
	cumin or fennel seeds		honey
	curry powder	3 cups	low-sodium chicken or vegetable stock
4	dried apricots		maple syrup
	dried basil	¼ cup	mixtures of dried fruit (dried cranberries, raisins, cherries, currants)
	dried oregano	¼ cup	milk (soy, almond or rice)
	dried thyme		paprika
	extra virgin olive oil	1 1/4 cup	pomegranate juice
	freshly ground black pepper		turmeric
	garam masala		

Pastas/Noodles

Measurement	Ingredient
12 oz package	short pasta, gluten free

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
1 ½ cups	brown basmati rice
1 cup	gluten free breadcrumbs
½ cup	oats, gluten free whole
1 cup	oats, rolled or steel cut, gluten free
¾ cup	quinoa, rinsed and drained
(2) 3½-oz packs	rice crackers, gluten free
2/3 cup	teff

Breads

Measurement	Ingredient
4	sprouted corn tortillas

My Foundation Diet (Flexitarian) Shopping List — Fall and Winter Week 2

Produce

Measurement	Ingredient	Measurement	Ingredient
1 cup	apple	1	leek
1 bunch	arugula or spinach, finely chopped	3	lemons
1	banana	5	limes
2 ½ pound	butternut squash	8 ounces	mung bean sprouts
3	carrots	6 large	mushrooms, button or crimini
2 cups	cauliflower florets	½ lb	mushrooms, portobello
7 stalks	celery	6	onions
1 bunch	chives	1 medium	potato, red skinned potato
1 cup	corn kernels, fresh or frozen	2 medium	potato, sweet potato
1	cucumber	2	red bell pepper
1 bunch	fresh basil leaves	3	red onions
2 bunch	fresh cilantro	10	sage leaves
1 small bunch	fresh dill	4	scallions
1 large piece	fresh ginger	½ cup	shallots
1 bunch	fresh mint	1 lb	tomatoes
1 bunch	fresh parsley	1 cup	tomatoes, cherry
1 piece	fruit, favorite	½ head	watercress
4 heads	garlic	½ lb	winter squash
1	Granny Smith apple	2	zucchini
2	jalapeños		

Nuts and Seeds

Measurement	Ingredient
4 Tbsp	almonds, raw
	chopped cashews
¼ cup chopped	nuts, roasted peanuts, macadamia, OR cashew nuts
2 Tbsp	sunflower seeds, finely chopped
4 Tbsp	sunflower seeds, roasted

Meat, Fish and Poultry

Measurement	Ingredient	Measurement	Ingredient
4 each	chicken legs that are attached to thighs	1 lb	ground turkey
3 ½ lbs	chicken pieces (legs, thighs, halved breasts), bone-in, skinless	1 lb	shelled crabmeat
2 lbs	chicken, ground dark-meat	1 lb	sirloin steak, boneless
(4) 6 oz	flat iron steaks	¾ lb	skirt or flank steak
4 fillets	flounder or sole	4 4-ounce	tilapia fillets
½ lb	ground bison	4	turkey or pork sausage, linked nitrate free natural

Eggs and Dairy

Measurement	Ingredient
1 dozen	eggs

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA-free canned items)
1	anchovy
½ of 14-ounce can	canned diced tomatoes with chilies (½ 14-ounce can)
1 15-ounce	canned kidney beans
1 7.5-ounce	canned salmon, without oil or salt
1 Tbsp	cashew butter
½ cup	green olives, sliced
2 Tbsp	horseradish
1 jar	mayonnaise
1 jar	nut butter

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
2/3 cup	apple cider or apple juice	1 cup	freshly ground black pepper
	bay leaf		garlic powder
	brown rice syrup		gluten free Shoyu or Tamari
	brown rice vinegar		ground cumin
	canola oil		ground flaxseeds
	cayenne		honey
	chili powder	4 cups	low-sodium chicken stock
1	cinnamon stick	6 cups	low-sodium vegetable broth
¾ cup	coconut milk		maple syrup
15 oz	coconut milk, unsweetened		mirin
	coconut oil		onion powder
1 cup	coconut water		Paprika
	curry powder	1	pickled jalapeño
	Dijon mustard		red pepper flakes
	dried oregano		sesame oil
	dried thyme		shredded coconut
	extra virgin olive oil		star anise
	fennel seeds	2 tsp	Thai curry paste
	flax oil	2 cups	white wine

Breads

Measurement	Ingredient
4	sprouted corn tortillas

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
¼ cup	Bob's Red Mill Creamy Buckwheat hot cereal
¾ cup	flax cracker, crushed
1 cup	millet
1/3 cup	quinoa

Flours

Measurement	Ingredient
½ cup	chickpea flour
½ cup	cornmeal

My Foundation Diet Vegetarian Version

My Foundation Diet (Vegetarian) — Spring and Summer Week 1

My Foundation Diet (Vegetarian)

Spring and Summer Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Banana Buckwheat Cereal	Herb Scramble	Fresh Tropical Fruit Salad	Country-Style Over Easy Eggs with Tomatoes and Dill	Gluten Free Buckwheat Pancakes	Broiled Grapefruit with Cinnamon and Honey	Kathie's Breakfast Spread
Lunch	Asian Style Salad with Sesame-Ginger Dressing	Baby Spinach Salad with Toasted Pumpkin Seeds, Strawberries and Mustard Vinaigrette	Gazpacho with Avocado and Pine Nuts	Black Bean Salad with Lime Vinaigrette	Chickpea, Beet and Citrus Salad	Sweet Corn and Cucumber Salad with Red Onion Vinaigrette	Cabbage Salad with Baked Tofu and Lemon-Soy Vinaigrette
Dinner	Bella Burgers	White Beans with Rosemary and Sun-Dried Tomatoes with Lemon-Caper Sauce	Sesame Noodles with Kale	Eggplant Envelopes	Teriyaki Tofu Stir Fry	Stuffed Avocado with Vegetables and Eggs	High Protein Lentil Salad

Spring and Summer Recipes

Week 1 - Breakfast Day 1

Banana Buckwheat Cereal

By Myra Kornfeld

Bob's Red Mill makes a delicious buckwheat cereal, naturally gluten free, that cooks quickly. Buckwheat marries beautifully with bananas and cashews; coconut adds a tropical flair. Cook it in coconut water (readily available in Whole Foods or your health food store), for subtle sweetness and a dose of electrolytes.

1 serving

Prep Time: 5 minutes

Cook Time: 7 minutes

Ingredients

- 1 cup coconut water, or water
- ¼ cup Bob's Red Mill Creamy Buckwheat Hot Cereal
- 1 tablespoon cashew butter or cashew cream (optional)
- ½ banana, sliced
- drizzle maple syrup or honey (optional)
- 1 tablespoon shredded coconut (optional)
- 1 tablespoon chopped cashews

Instructions

Add the water to a small pot and bring to a boil. Stir in the buckwheat cereal and cook, stirring from time to time over medium-low heat, for 5 minutes, until the cereal has thickened. The last couple of minutes you need to stir constantly. Stir in the cashew butter if using. Serve hot, topped with bananas, drizzled with maple syrup or honey, and sprinkled with coconut and cashews.

Tips

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts and almonds all make for exceptional nut creams, so use your favorite!

Variation:

Top with almonds and raisins.

Spring and Summer Recipes

Week 1 - Breakfast Day 2

Herb Scramble

By Caroline Nation

This is a high protein kick-off to the day and can also be enjoyed with any dried or fresh herbs you have. The scramble is also delicious with chives, dill, basil, or cilantro. I particularly enjoy using fresh chives. Blanching the herbs for one minute keeps them bright green. To reduce this recipe to a single serving, use 1 tablespoon of herbs instead of 1/8 cup.

2 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients

- ½ bunch parsley, finely chopped
- 4 eggs
- ⅛ cup fresh dill or basil, finely chopped
- freshly ground black pepper
- 2 teaspoons extra virgin olive oil



Instructions

Bring a medium pot of water to a boil over high heat. Add the parsley and cook for 1 minute, then drain and rinse under cold water.

Whisk the eggs in a medium bowl. Add the parsley, dill, or basil and several grinds of pepper, and whisk to combine.

Warm the oil in a large non-stick or cast iron skillet over medium heat. Pour in the eggs and stir gently and constantly, until the eggs form large curds and are cooked to your preference, about 2 to 3 minutes. Serve immediately.

Spring and Summer Recipes**Week 1 - Breakfast Day 3****Fresh Tropical Salad****By Myra Kornfeld**

Get a healthy start to your day with these quick composed breakfasts! You can adjust the ingredient amounts and get creative with your favorite accompaniments.

1 serving**Prep Time: 5 minutes****Cook Time: none****Ingredients**

- 1-2 cups of mixed chopped fruit (melons, mango, bananas, pineapple, grapes)
- 2 tablespoons shredded coconut (optional)
- 2 tablespoons nuts (optional)

Instructions

Cut fruit as desired and serve with preferred accompaniments.

Spring and Summer Recipes

Week 1 - Breakfast Day 4

Country-Style Over Easy Eggs with Tomatoes and Dill

By Jennifer Brawn

Golden flecks of garlic and shallots stud these over-easy eggs. It's my favorite breakfast to cook for myself, especially mid-summer when tomatoes are at their peak. The recipe scales up easily.

2 servings

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- extra virgin olive oil
- 3 garlic cloves, minced, divided
- 1 cup cherry or grape tomatoes, halved
- 1 handful fresh dill, chopped
- ½ medium shallot, minced
- 2 eggs
- freshly ground black pepper

Instructions

Warm about 2 teaspoons olive oil into a small skillet; add 2/3 of the garlic, and sauté for 30 seconds.

Add the tomatoes and stir until they begin to release a bit of their color into the oil, about 1 minute. Stir in the dill and continue to cook for about 20 seconds longer. Remove from the heat.

Add 2 teaspoons more olive oil, the remaining garlic and shallots to a medium non-stick skillet over medium-high heat. Cook, stirring occasionally, until the shallots and garlic begin to turn straw-colored, about 3 minutes. Carefully crack eggs (keeping yolk intact) into the skillet, sprinkle with black pepper and cook until edges are well cooked, about 4 minutes. Using a spatula, flip the eggs, and cook for an additional 10 to 15 seconds. Slide the eggs and any remaining garlic and shallots onto the plate along with the tomatoes. Add additional black pepper to taste.



Spring and Summer Recipes

Week 1 - Breakfast Day 5

Gluten Free Buckwheat Pancakes

By Myra Kornfeld

Buckwheat and bananas are made for each other. A small amount of xanthan gum, available at natural food stores, help bind the batter together beautifully.

3 servings or 9-10 pancakes

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ½ cup buckwheat flour
- ¼ cup sorghum flour
- ¼ cup brown rice flour
- ½ teaspoon xanthan powder
- ½ teaspoon baking powder
- 1 tablespoon coconut oil
- 1 egg, lightly beaten
- ¾ cup non-dairy milk (soy, almond, or rice)
- 1 banana, thinly sliced

Instructions

Whisk together in a medium bowl the buckwheat flour, sorghum flour, brown rice flour, xanthan powder, and baking powder. Whisk together the coconut oil, egg, and non-dairy milk in another bowl. Stir into the dry ingredients until the dry ingredients are moistened.

Stir the bananas into the pancakes.

Preheat a cast iron or non-stick griddle or frying pan and lightly oil. When the griddle is hot, drop enough batter to form a 3-inch pancake onto the griddle (use a 1/4 cup measure partially filled). Repeat with another 2 to 3 pancakes, making sure not to crowd the griddle. Cook for 2 to 3 minutes over medium heat, until the underside is golden brown and the pancakes have puffed. Wait until the pancakes have really cooked before attempting to flip them. Use a spatula to flip the pancakes, and cook another 2 to 3 minutes on the second side. Add a bit more oil to the griddle and repeat with 1 or 2 more batches, until all of the pancakes are cooked.

Serve hot, with your favorite accompaniment.

Spring and Summer Recipes

Week 1 - Breakfast Day 6

Broiled Grapefruit with Cinnamon and Honey

By Myra Kornfeld

I loved eating cinnamon and honey drizzled broiled grapefruit as a child and I still relish the flavor. A short time under the broiler turns an ordinary citrus fruit into a warming, juicy treat.

2 servings

Prep Time: 5 minutes

Cook Time: 5-7 minutes

Ingredients

- 1 whole grapefruit
- ½ teaspoon honey
- sprinkling of cinnamon

Instructions

Halve the grapefruit through the equator. Cut around the pith and between the membranes with a paring or a small serrated knife to keep the grapefruit intact but still loosen the segments.

Sprinkle the top of each half with cinnamon and drizzle with honey, about 1/4 to 1/2 teaspoon per grapefruit half. Broil for 5 to 7 minutes, until the grapefruit is hot and juicy. Serve immediately with a spoon to scoop out the segments.



Spring and Summer Recipes

Week 1 - Breakfast Day 7

Kathie's Breakfast Spread

By Kathie Madonna Swift

A delicious spread designed to perk up your morning! This is especially handy when you are on the go. It is a delicious compliment to apples, pears, and bananas.

1 serving

Prep Time: 5 minutes

Cook Time: none

Ingredients

- 1 tablespoon natural nut butter
- 2 teaspoons ground flaxseed
- 2 teaspoons water
- dash of fresh ginger juice
- slices of your favorite fruit (i.e. bananas, apples, pears)

Instructions

Add all ingredients to a food processor or a small bowl and combine until fully mixed. Spread on fresh fruit.

Tips

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts, and almonds all make for exceptional nut creams, so use your favorite!

Spring and Summer Recipes

Week 1 - Lunch Day 1

Asian-Style Salad with Sesame-Ginger Dressing

By Cathy Vogt

This is a pretty, colorful and light entree salad. Try heartier sprouts with this salad such as lentil, chickpea or Aduki for added protein. Extra dressing can be used for grilled or steamed vegetables or tossed with raw sliced bok choy for an Asian-style salad.

4 servings

Prep Time: 15 minutes

Cook Time: none

Ingredients

Dressing:

- 3 tablespoons brown rice vinegar
- ½ tablespoon umeboshi vinegar
- 1 teaspoon gluten free Tamari
- 2 teaspoons grated ginger
- 1 teaspoon toasted sesame oil
- 1 scallion, white and green parts, finely minced
- 1 garlic clove, pressed
- ¼ cup extra virgin olive oil
- 1 tablespoon toasted sesame seeds
- ¼ teaspoon crushed red pepper flakes (optional)

Salad:

- 2 carrots, grated or shredded
- ½ 4-ounce package radish sprouts, pea sprouts, or sprout mix
- 2 cups mung bean sprouts
- 1 cucumber, peeled, halved lengthwise, sliced into thin half-moons
- 2 scallions, white and green parts, thinly sliced
- ½ cup chopped fresh mint
- 1 large head leaf or Bibb lettuce
- 1 ripe avocado, peeled and sliced into thin strips



Instructions

Place all the ingredients for the dressing in a jar with a tight-fitting lid. Shake the jar vigorously to blend ingredients. Taste the dressing and adjust seasonings as necessary.

In a small bowl combine the carrots, sprouts, mung sprouts, cucumber, scallions, and mint. Toss the ingredients to combine. Add 2 tablespoons of salad dressing to the vegetables and mix well.

Separate the lettuce leaves, wash and dry thoroughly, and leave them whole. Divide the leaves (facing up) onto 4 plates.

Divide the mixed vegetables between the plates, placing a mound of mixture on top of the lettuce.

Top the salad with sliced avocados. Drizzle a small amount of dressing over lettuce leaves. Serve immediately.

Spring and Summer Recipes**Week 1 - Lunch Day 2****Baby Spinach Salad with Toasted Pumpkin Seeds, Strawberries and Mustard Vinaigrette**
By Terry Walters

This salad bursts with flavor and color. For a quick and easy lunch, try tossing with great northern or navy beans.

4 servings

Prep Time: 10 minutes

Cook Time: none

Ingredients

- ¼ cup pumpkin seeds
- 2 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- ¼ cup extra virgin olive oil
- 6 cups baby spinach, loosely packed
- 1 cup strawberries, sliced

Instructions

Toast the pumpkin seeds in a small dry, heavy-bottomed skillet stirring constantly, until golden and swelled. Remove from the heat and set aside.

Whisk together the vinegar, honey, and mustard in a small bowl. Drizzle in the oil, whisking until all the ingredients are well combined.

Place the spinach in a bowl. Toss with the dressing and half of the strawberries. Divide the salad onto plates and top with the remaining strawberries and the pumpkin seeds.



Spring and Summer Recipes

Week 1 - Lunch Day 3

Gazpacho with Avocado and Pine Nuts

By Judith Friedman

This liquid salad is a delicious one-pot lunch in warm weather. Chilling overnight really enhances the flavors. If you can't find canned crushed tomatoes, use canned whole peeled tomatoes and purée in a blender.

4 servings

Prep Time: 20 minutes

Cook Time: none

Ingredients

- 1 large cucumber
- 1 28-ounce can crushed tomatoes
- 1 red bell pepper, seeded and small diced
- 1-2 jalapeños, stemmed, seeded, and minced
- 1 medium red onion, diced small
- ¼ cup red wine vinegar
- 2 tablespoons fresh lime juice
- 2 garlic cloves, minced
- ⅛ teaspoon cayenne
- ½ cup water
- 2 tablespoons extra virgin olive oil
- freshly ground black pepper

Garnish:

- ¼ cup pine nuts
- 1 ripe avocado
- ¼ cup finely chopped cilantro



Instructions

Peel and cut the cucumber in half lengthwise. Scoop the seeds out with a spoon and discard. Cut the cucumber into a small dice and add to a large bowl.

Place the remaining ingredients except for the garnish in the bowl with the cucumbers and mix well to combine. Cover and refrigerate overnight to marry the flavors.

Toast the pine nuts: Heat a small skillet over medium heat. Add pine nuts and toast until golden, stirring constantly, about 4 minutes. Transfer immediately to a small bowl and set aside.

Cut the avocado into pieces.

To serve, place the soup in bowls, garnish with the avocado, pine nuts, and cilantro. Serve cold or at room temperature.

Tips

Always taste before serving as the flavor can change while in the refrigerator. The addition of more lime juice might be just the right finishing touch.

Spring and Summer Recipes

Week 1 - Lunch Day 4

Black Bean Salad with Lime Vinaigrette By Andrea Boje

This flavorful salad also has a high protein content. Serve as a light lunch on top a bed of lettuce or as a dip for tortilla chips. Increase the amount of jalapeño peppers if you favor it a little hotter. Replace the corn with fresh grilled corn off the cob to give it a smoky, outdoor flavor.

4 servings

Prep Time: 10 minutes

Cook Time: none

Ingredients

- 1 15-ounce can black beans, drained and rinsed
- ½ avocado, peeled, cut into small cubes
- ¼ red bell pepper, chopped
- ½ small red onion, small diced
- ½ cup corn
- 1 small tomato, chopped
- 1 small jalapeño, stemmed, seeded, and minced
- 3 tablespoons fresh lime juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon chopped cilantro, plus more for garnish
- 1 teaspoon honey
- freshly ground black pepper



Instructions

Add the beans, avocado, bell pepper, onion, corn, tomato, and jalapeño to a large bowl.

Whisk together the lime juice, oil, cilantro, honey, and pepper in a small bowl until thoroughly combined. Pour the vinaigrette over the bean mixture and stir to combine. Taste and adjust the seasonings as desired. Sprinkle salad with extra cilantro. Chill before serving.

Spring and Summer Recipes

Week 1 - Lunch Day 5

Chickpea, Beet and Citrus Salad

By Rosalinda Paez

This salad has a vibrant mix of colors, flavors and textures. Make sure to zest one orange and one tangerine before cutting them. You'll be able to gather enough orange and tangerine juice for the dressing from the cut citrus pieces.

4 servings

Prep Time: 20 minutes

Cook Time: none

Ingredients

- 2 naval oranges
- 2 tangerines
- 1 cup peeled and shredded raw beets
- 1 15-ounce can chickpeas, drained and rinsed

Dressing:

- ½ teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- ½ teaspoon orange zest
- 1 tablespoon fresh orange juice
- ½ teaspoon tangerine zest
- 1 tablespoon fresh tangerine juice
- 1 tablespoon champagne vinegar or white wine vinegar
- 1 garlic clove, pressed
- ½ cup extra virgin olive oil
- 3-4 hearts of romaine, shredded
- ¼ cup sesame seeds, preferably black



Instructions

Cut a disk off the top and bottom of each orange, slicing through the colored peel and white pith to expose the flesh. Next, cut downward, following the contours of the fruit, to remove the skin and pith, thereby exposing the orange flesh. Repeat until all the skin is cut away.

Cut the orange crosswise into slices, and then into bite-sized pieces. Add the oranges to the bowl.

Cut the tangerines the same way, and add to the bowl with the oranges. Stir in the beets, chickpeas, and olives and set aside.

For the dressing, whisk together the lemon zest and juice, the orange zest and juice, the tangerine zest and juice, the vinegar, and garlic. Add the olive oil gradually, whisking thoroughly to combine. Divide the romaine onto plates, top with the chickpea mixture and drizzle with dressing. Sprinkle with sesame seeds and serve.

Spring and Summer Recipes**Week 1 - Lunch Day 6****Sweet Corn and Cucumber Salad with Red Onion Vinaigrette****By Alexandra Borgia**

This is a perfect refreshing summer dish. Use sun-dried tomatoes packed in oil or soak dried ones in hot water for 10 minutes or so until softened. Add your favorite beans for extra protein.

6 servings**Prep Time: 15 minutes****Cook Time: 15 minutes****Ingredients**

- ½ cup sun-dried tomatoes
- 6 ears corn
- 1 large English cucumber, peeled, seeded and chopped
- ¼ cup capers, drained and rinsed
- ½ cup pitted kalamata olives, quartered
- ½ cup red onion, roughly chopped
- 6 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- ¼ teaspoon freshly ground black pepper
- ½ cup thinly sliced chives

Instructions

Soak the sun-dried tomatoes in hot water for 10 minutes until softened. Drain the tomatoes, discarding the soaking water. Chop into small pieces and set aside. Bring a large pot of water to a boil.

Add the corn and simmer for 5 minutes, then drain and cool.

Cut the kernels off the cob and transfer to a large bowl. Stir in the cucumber, sun-dried tomatoes, capers, and olives.

In a separate bowl, blend the onions, oil, vinegar, and pepper until smooth. Stir the vinaigrette and chives into the corn until well combined.

Serve at room temperature.



Spring and Summer Recipes**Week 1 - Lunch Day 7****Cabbage Salad with Baked Tofu and Lemon-Soy Vinaigrette****By Lorna Sass**

An easy dish to assemble in the dog days of summer, this salad tastes best when freshly made. Consider it a meal unto itself.

4 servings**Prep Time: 15 minutes****Cook Time: none****Ingredients**

- ¾ pound Chinese (nappa) or green cabbage, shredded
- 1 cup grated carrot
- ½ cup scallion greens, thinly sliced
- 8 ounces baked tofu, diced
- ⅓ cup nuts, chopped (macadamia or cashews)
- 2 tablespoons canola oil
- 1 tablespoon toasted sesame oil
- 1 ½-2 tablespoons fresh lemon juice
- ½ tablespoon gluten free Shoyu or Tamari

Instructions

In a large bowl, combine the cabbage, carrot, scallion greens, tofu, and peanuts.



To make the vinaigrette, combine the oils, 1 ½ tablespoons lemon juice, and Shoyu in a small jar. Shake vigorously until thoroughly blended.

Pour the vinaigrette over the slaw and toss well. Season with more lemon juice, if needed.

Spring and Summer Recipes

Week 1 - Dinner Day 1

Bella Burgers

By Daemon D. Jones, N.D.

Credits: Daelicious! Recipes for Vibrant Living

Portobello mushrooms are a refreshing change from meat or grain burgers. Marinating the portobellos gives them a smooth flavor and makes you feel like you are having a satisfying sandwich. Treat this like any other burger and serve with your favorite condiments such as lettuce, tomatoes, mustard, ketchup, and gluten free burger buns.

3 servings

Prep Time: 15 minutes plus 1 hour refrigeration

Cook Time: 10 minutes

Ingredients

- 3 large portobello mushrooms
- 6 garlic cloves, peeled
- 2 tablespoons red wine vinegar
- ¼ cup extra virgin olive oil
- ⅛ teaspoon freshly ground black pepper
- ½ cup red onion, thinly sliced

Instructions

In a medium bowl, add garlic, red wine vinegar, and pepper. Marinate the mushrooms in this mixture for at least 1 hour.

In a saucepan, add the red onions and olive oil and sauté for 2 minutes.

Add portobello mushrooms and cook until soft, about 5-8 minutes.

Serve with whatever garnishes you prefer.

Tips

Other delicious burger toppings pair well with this burger like avocado, vegetarian chili, roasted bell peppers, pickles, etc.



Spring and Summer Recipes**Week 1 - Dinner Day 2****White Beans with Rosemary and Sun-Dried Tomatoes with Lemon-Caper Sauce****By Rosalinda Paez**

A green salad or sautéed greens and some gluten free whole grain bread turns these flavorful beans into a whole meal.

4 servings**Prep Time: 15 minutes****Cook Time: 20 minutes****Ingredients**

- 2 tablespoons extra virgin olive oil
- 1 shallot, finely chopped
- 1 garlic clove, minced
- 1 cup sun-dried tomatoes, chopped
- 2 15-ounce cans white beans, drained and rinsed
- 1 cup water
- 1 tablespoon chopped fresh rosemary
- 2 tablespoons fresh lemon juice
- ¼ cup capers, drained and rinsed

Instructions

Heat the olive oil in a large skillet on medium-low heat. Add the shallots and sauté for about 5 minutes until softened. Add the garlic and sauté for 30 seconds, and then add the sun-dried tomatoes and sauté for 2 minutes. Add the beans, water, rosemary, lemon juice, and capers and simmer covered, for about 10 minutes to allow the flavors to blend.



Spring and Summer Recipes

Week 1 - Dinner Day 3

Sesame Noodles with Kale

By Lorna Sass

For a quick dinner of gluten free pasta (such as brown rice pasta) and kale, try this one-pot technique of cooking both together in the same pot. The dish is filling and nutritious to serve on its own.

3 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 large bunch kale
- 8 ounces brown rice or other gluten free fettuccine
- 1 ½ tablespoons toasted sesame oil
- 1 tablespoon gluten free Tamari or Shoyu
- ½ cup thinly sliced scallion greens
- 1 ½ tablespoons sesame seeds, toasted

Instructions

While bringing a large pot of water to a boil, hold the kale in a bunch and trim off an inch or 2 of the bottom fibrous stems. Thinly slice the remaining stems and leaves. Set the kale in a large bowl or sinkful of cold water and swish vigorously to remove sand and grit. Transfer to a colander and rinse thoroughly.

When the water is boiling vigorously, add the pasta and cook it for 5 minutes less than the cooking time directed on the package.

Add the kale in a few batches, pressing down with the back of a spoon to submerge each batch under water. Continue cooking over high heat, uncovered, until the kale and pasta are tender, about 5 minutes. Thoroughly drain the pasta and kale in a colander (reserve the nutritious cooking liquid for soup, if you wish). Return them to the hot pot. Toss in the sesame oil and Shoyu or Tamari to taste. With your fingers or a fork, separate any clumps of kale. Toss in the scallion greens and sesame seeds. Serve hot or at room temperature.



Spring and Summer Recipes

Week 1 - Dinner Day 4

Eggplant Envelopes

By Daemon D. Jones, N.D.

Credits: Daelicious! Recipes for Vibrant Living

This is a great way to get veggies into your kids or adults without them really knowing it. Using leftover tomato sauce allows you to recycle sauce and skip mayo all together. Yet another example of changing up flavors using vegetables.

4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 1 small eggplant
- 1 tablespoon freshly ground black pepper
- 2 tablespoons Italian seasoning
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 4 sprouted corn tortillas
- 1 cup tomato sauce
- 1 cup roasted red pepper slices (optional)
- 2 cups chopped romaine lettuce

Instructions

Cut off the ends of the eggplant, and thinly slice lengthwise (approximately 1/8 inch). Season the eggplant with pepper and Italian seasoning. In a saucepan, add olive oil and garlic and cook on medium-low heat for 1 minute.



Add eggplant to the pan and sauté until soft (translucent in color), approximately 4 minutes.

Warm the tortilla in the oven for 1 minute. Place the tortilla on a plate and spread with 1 tablespoon of tomato sauce.

Place a couple of roasted red pepper slices and 1/4 cup of romaine lettuce on the tortilla.

Finally, add 3-4 slices of eggplant on top of the lettuce.

Roll the tortilla away from you until it looks like a burrito. Repeat for all tortillas, and serve.

Tips

Since this rolls up like a burrito you can add your favorite chopped vegetables to the envelope to increase the fiber and make it more filling.

If you don't want to use a tortilla roll it all up on a leaf of Savoy cabbage.

Spring and Summer Recipes

Week 1 - Dinner Day 5

Teriyaki Tofu Stir Fry

By Andrea Boje

This recipe makes a quick and easy weeknight or lunchtime meal. If you want to speed the cooking even more, use 3/4 cup of a good quality purchased teriyaki marinade.

4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 pound firm or extra firm tofu
- 4 tablespoons unrefined sesame oil, divided
- 1 cup diced onion
- 1 head broccoli, chopped
- 1 cup sugar snap peas
- 1 cup green beans, ends cut and discarded
- 1 red bell pepper, medium dice
- 1 orange bell pepper, medium dice
- 2 cups cooked brown or white rice
- 1 tablespoon sesame seeds
- 3 scallions, whites and greens, chopped, for garnish

Marinade:

- ¼ cup gluten free Shoyu or Tamari
- 2 teaspoons grated ginger or ginger juice
- 1 tablespoon mirin
- 2 garlic cloves, minced or pressed



Instructions

Drain and rinse the tofu. Wrap it in a paper towel and lightly squeeze to release the extra water. Cut the tofu into 1-inch cubes and set aside.

In a wok or large skillet heat 2 tablespoons of the oil over medium-low heat. Add the onions and sauté until they start to soften, about 2 minutes. Add the broccoli, sugar snap peas, green beans, and bell peppers. Continue to cook until the broccoli starts to soften, stirring occasionally, about 6 minutes. Transfer the vegetables to a dish and set aside.

Whisk the Tamari, ginger, mirin and garlic together in a small bowl.

Place the remaining 2 tablespoons of the oil in the same wok or skillet over medium heat. Add the tofu and cook until the tofu is browned on all sides, turning frequently. Pour the marinade over the tofu and stir to coat and let cook another 2 minutes. Return the vegetables to the skillet with the tofu and stir to mix. Cook another 2 minutes or until some of the liquid has reduced. Divide the rice onto 4 plates. Top with the stir fry and sprinkle each serving with sesame seeds and scallions.

Spring and Summer Recipes

Week 1 - Dinner Day 6

Stuffed Avocado with Vegetables and Eggs

By Ela Guidon

The stuffed avocado is as lovely to look at as it is delicious to eat. In this version, you use hardboiled eggs.

4 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 4 hardboiled eggs
- 1 cup green beans, ends trimmed
- 2 avocados
- 3 tablespoon plus 1 teaspoon fresh lemon juice
- 3 tablespoons extra virgin olive oil
- freshly ground black pepper
- ½ cup cucumber, diced
- ½ cup celery, diced
- ½ cup tomato, diced
- 1 handful sunflower seed sprouts
- 4 leaves lettuce

Instructions

Chop the hardboiled eggs into chunky pieces.

Steam the string beans until tender but still firm, about 4 minutes. Quickly shock them in ice cold water. Drain and dry them and cut into 1/4-inch pieces and set aside.

Cut the avocados in half and remove the pit. Remove some of the avocado with a spoon to enlarge the cavity for stuffing. Sprinkle 1 teaspoon of lemon juice over the avocado halves.

In a medium bowl mix in the remaining 3 tablespoons of lemon juice and oil. Sprinkle with black pepper, then add the chopped hardboiled eggs, the cucumber, celery, tomato, and the green beans as well as the scooped out avocado and mix well. Divide into 4 equal portions. Stuff each avocado half and top with sprouts, if using. Serve the remaining filling on a lettuce leaf together with the stuffed avocado.

Tips

Use vegetables in season. In the springtime, substitute asparagus for the green beans.

Spring and Summer Recipes

Week 1 - Dinner Day 7

High Protein Lentil Salad

By Ela Guidon

It is a Peruvian custom to eat lentils with bananas. The dressing keeps the bananas from darkening and eggs give the salad an extra protein boost.

4 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup green lentils
- 1 onion, quartered, plus ¼ cup diced onion, divided
- 1 celery stalk, cut into 4 pieces
- 1 carrot, peeled and cut into 4 pieces
- 1 bay leaf
- 3 tablespoons fresh lemon juice
- 6 tablespoons extra virgin olive oil
- freshly ground black pepper
- 1 teaspoon finely chopped fresh thyme or ½ teaspoon dried thyme
- 1 teaspoon finely chopped fresh oregano or 1 teaspoon dried oregano
- ¼ cup finely chopped parsley
- ¼ cup chopped cilantro
- ½ cup cherry tomatoes, cut into halves
- ¼ cup banana, diced
- ¼ cup diced red bell pepper
- 4 hardboiled eggs, quartered



Instructions

Combine the lentils with 4 cups of water in a medium pot. Cover and bring to a boil then uncover and skim off the foam. Add the quartered onion, the celery, carrots, and bay leaf. Lower the heat and simmer, partially covered, until the lentils are just tender, about 20-25 minutes. Drain the lentils and remove the bay leaf, onion, celery, and carrot. Set aside and let cool.

In a bowl, mix the lemon juice, oil, and a sprinkling of pepper. Add the thyme, oregano, parsley, cilantro, the diced onions, tomatoes, red peppers, bananas, and lentils. Gently mix all the ingredients thoroughly.

Taste and add pepper if necessary.

Serve at room temperature, garnished with hardboiled eggs.

My Foundation Diet (Vegetarian) — Spring and Summer Week 2

My Foundation Diet (Vegetarian)

Spring and Summer Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Two Poached Eggs on Toast	Banana Avocado Fruit Dip	Salad with Dates, Figs, Apricots, Grapes, Almonds and Lemon Juice	Middle Eastern Breakfast	Spinach, Tomato and Garlic Omelet	Sautéed Apple or Pears	Syrian Cold Soy Yogurt Shake with Honeydew Melon and Mint
Lunch	Jicama and Red Cabbage Salad with Mint and Cilantro Tossed with Sweet-and-Sour Asian Dressing	Southwest Egg Salad	White Bean and Fennel Salad with Peachy Tomato Dressing	Green Bean Salad with Sun-Dried Tomatoes and Dijon Vinaigrette	Cold Avocado-Cucumber Soup with Fresh Basil	Picnic Pasta Salad	Spinach Salad with Creamy Pepper Dressing
Dinner	Asian Tempeh Kabobs	Mediterranean Gluten Free Pasta Salad	Bok Choy and Chick Peas with Cashews	Quick Tofu Scramble with Sautéed Onions and Peppers	Soba Salad	Vietnamese Omelet	Grilled Pasta Salad with Fennel and Cippolini Onions

Spring and Summer Recipes**Week 2 - Breakfast Day 1****Two Poached Eggs on Toast****By Myra Kornfeld**

Get a healthy start to your day with these quick composed breakfasts! You can adjust the ingredient amounts and get creative with your favorite accompaniments.

1 serving**Prep Time: 5 minutes****Cook Time: 5 minutes****Ingredients**

- 2 eggs
- 2 tablespoons apple cider vinegar or white wine vinegar
- 1 quart water
- 1 slice gluten free bread
- freshly ground black pepper

Instructions

Bring the quart of water and the vinegar to a boil in a shallow skillet with sides. Lower the heat to a gentle simmer, crack the egg into a small bowl and gently slide into the water. The eggs should be covered by the water. Cover the pan and cook until set, about 2 1/2-3 minutes. Remove with a slotted spoon, drip dry. Place on toast and sprinkle with pepper, if desired.

Spring and Summer Recipes

Week 2 - Breakfast Day 2

Banana Avocado Fruit Dip

By Jennifer Brawn

This easy to prepare dip is naturally sweetened with banana. The surprise addition of avocado lends an extra creamy texture. Serve as a snack with sliced apples or as a breakfast spread over gluten free bread.

Yields 1 1/2 cups

Prep Time: 5 minutes

Cook Time: none

Ingredients

- 1/2 ripe avocado
- 2 bananas, peeled
- 1/4 cup nut butter (peanut, almond, cashew, or macadamia)
- 1 tablespoon fresh lime juice

Instructions

Add all ingredients into the bowl of a food processor and process until smooth. The dip can be served immediately at room temperature.

Tips

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts and almonds all make for exceptional nut creams, so use your favorite!



Spring and Summer Recipes**Week 2 - Breakfast Day 3****Salad with Dates, Figs, Apricots, Grapes, Almonds and Lemon Juice****By Jennifer Abadi**

This salad combines several of the most common and popular Mediterranean fruits. The combination of dried and fresh fruit adds an interesting texture to the salad, which also makes it perfect for the winter/fall months when many kinds of fresh fruit are harder to come by.

6 servings**Prep Time: 12 minutes****Cook Time: none****Ingredients**

- 4 large pitted mejool dates
- 4 figs, dried or fresh, stems removed
- 3 fresh or 6 dried apricots
- seeds of 1 pomegranate
- 2 oranges, peeled
- 2 cups assorted grapes (black, green, red)
- ½ cup pistachios, crushed
- 2 tablespoons chopped mint
- 1 tablespoon honey
- 2-3 tablespoons fresh lemon juice
- ¼-½ teaspoon cinnamon powder

Instructions

Chop all the fruit into bite-size pieces and place into a large mixing bowl. Sprinkle with the pistachios.

Sprinkle the mint, lemon juice, honey, and cinnamon over the top and toss the fruit salad with a fork and spoon. Adjust seasonings according to taste.

Serve chilled or at room temperature in serving bowl.



Spring and Summer Recipes

Week 2 - Breakfast Day 4

Middle Eastern Breakfast

By Myra Kornfeld

Get a healthy start to your day with these quick composed breakfasts! You can adjust the ingredient amounts and get creative with your favorite accompaniments. You can spread this on your favorite gluten free toast.

1 serving

Prep Time: 5 minutes

Cook Time: 5-10 minutes

Ingredients

- 1 hardboiled egg
- ¼ cucumber, peeled, seeded, small dice
- ½ medium tomato, chopped
- 2 radishes, chopped
- extra virgin olive oil
- fresh lemon juice
- freshly ground black pepper

Instructions

Bring a small pot of water to a boil and carefully place the egg in. Cook for 6 to 8 minutes. Rinse in cold water.

Chop the cucumber, tomato, and radishes. Peel and chop the egg. Mix together, with a drizzle of olive oil and lemon juice. Sprinkle with pepper to taste.

Spread on your favorite gluten free toast.



Spring and Summer Recipes

Week 2 - Breakfast Day 5

Spinach, Tomato and Garlic Omelet

By Myra Kornfeld

Tomato and garlic add a bit of pizzazz to this spinach omelet. Scale this up by adding 1 to 2 eggs per person and increasing the filling.

1 serving

Prep Time: 5-10 minutes

Cook Time: 5-7 minutes

Ingredients

- 2 ½ ounces baby spinach, washed but not dried
- 1 garlic clove, minced
- ½ cup cherry tomatoes, halved
- 2 teaspoons extra virgin olive oil
- 2 eggs
- freshly ground black pepper

Instructions

Wilt the spinach in a medium non-stick skillet, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach. Add 1/2 cup halved cherry tomatoes and a minced garlic clove and sauté them for a minute, then stir into the spinach.



Transfer to a plate to set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of pepper. Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the coconut oil coats the bottom and the sides. Allow the coconut oil to sizzle, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan. When there's just a little moist egg puddle on top, add the spinach. Fold the egg over the spinach, and slide the omelet onto a plate. Serve hot.

Spring and Summer Recipes**Week 2 - Breakfast Day 6****Sautéed Apple or Pears****By Myra Kornfeld**

Get a healthy start to your day with this quick composed breakfast. You can adjust the ingredient amounts and get creative with accompaniments or serve them on cooked gluten free cereal.

1 serving**Prep Time: 5 minutes****Cook Time: 5 minutes****Ingredients**

- 1 apple or pear
- 1 tablespoon coconut oil
- pinch of ground cinnamon

Instructions

Peel and cut an apple into bite-sized chunks. Warm a tablespoon of coconut oil over medium heat. Add the apples, sprinkle with a dash cinnamon and cover. Lower the heat to medium-low and cook for 5 minutes or so, until tender.

Top on your favorite gluten free cereal.

Spring and Summer Recipes**Week 2 - Breakfast Day 7****Syrian Cold Soy Yogurt Shake with Honeydew Melon and Mint****By Jennifer Abadi****Credits: Adapted from: A Fistful of Lentils: Syrian-Jewish Recipes From Grandma Fritzie's Kitchen, by Jennifer Felicia Abadi. © 2002, used by permission from The Harvard Common Press.**

I first tasted this drink one hot summer day in Israel. I was so struck by the combination of the cool green galia melon blended with mint and creamy soy yogurt I just had to recreate it when I got back to New York. If you are able to find a good galia melon, use that, otherwise a ripe and sweet honeydew will be just as delicious.

5 servings**Prep Time: 10 minutes****Cook Time: none****Ingredients**

- 3 cups very ripe honeydew melon or galia, cut into chunks
- ½ cup soy milk
- 1 cup soy or other non-dairy yogurt
- 2 tablespoons honey (optional)
- 3 tablespoons coarsely chopped mint leaves
- 7 ice cubes
- fresh mint sprigs, for garnish

Instructions

Place the melon chunks, soy (or other non-dairy) milk, and soy (or other non-dairy) yogurt in a blender. Blend until smooth.

Add the honey (if using) and chopped mint and continue to blend an additional minute or two.

Add the ice cubes and blend on high speed to crush all the ice and create a milkshake-like consistency. Serve in tall chilled glasses with a sprig of mint in each glass.



Spring and Summer Recipes**Week 2 – Lunch Day 1**

Jicama and Red Cabbage Salad with Mint and Cilantro Tossed with Sweet-and-Sour Asian Dressing

By Rebecca Katz

If you're a coleslaw fan or jones for a crunchy salad, this recipe is for you. Red cabbage is a nutrient-rich cruciferous vegetable. Jicama is loaded with nutrients, including iron. Together they make a colorful pair. You can substitute cucumber if you can't find jicama in the market.

6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

Nuts:

- ½ cup sliced almonds
- 1 tablespoon maple syrup
- pinch of cayenne

Dressing:

- ½ teaspoon seeded and diced jalapeño
- 3 tablespoons brown rice vinegar
- 1 tablespoon fresh lime juice
- 2 tablespoons gluten free Tamari
- 2 tablespoons maple syrup
- 1 teaspoon toasted sesame oil
- 1 tablespoon minced fresh ginger

Salad:

- 1 pound red cabbage, chopped
- ½ pound jicama, peeled and thinly sliced, or 2 cucumbers, peeled, seeded, and thinly sliced
- 2 tablespoons mint, chopped
- ¼ cup cilantro or basil, finely chopped



Instructions

Preheat the oven to 350 degrees F.

Toss the nuts in a bowl with the maple syrup and cayenne. Spread on a sheet pan and bake 10 to 12 minutes, until golden and fragrant. Remove from the oven and cool to room temperature. Use a metal spatula to loosen the crispy nuts.

To make the dressing, whisk together the jalapeño, vinegar, lime juice, Tamari, maple syrup, sesame oil, and ginger. Set aside.

To make the salad, cut the cabbage in half, remove the core, and shred with a sharp knife. You should have about 6 cups. In a large bowl, combine the cabbage, jicama, mint, and cilantro. Toss with the dressing. Sprinkle the nuts on top and serve.

Tips

Jicama is a large round tuber with a hard, brown skin. The exterior masks a sweet vegetable with watery and crunchy flesh that is best eaten raw.

Spring and Summer Recipes

Week 2 – Lunch Day 2

Southwest Egg Salad

By Diane O'Connell

Smoked paprika, known as pimenton, is naturally smoked over traditional oak fires, and gives a great twist to this classic dish. Serve it over a bed of lettuce.

4 to 6 servings

Prep Time: 20 minutes

Cook Time: 3 minutes

Ingredients

- 1 dozen eggs
- 1 celery stalk, small diced
- 1 jalapeño, stemmed, seeded, and minced
- 1 small red bell pepper, small dice
- 1/2 cup mayonnaise
- 1 teaspoon garlic powder
- 3/4 teaspoon smoked paprika
- freshly ground black pepper
- 1 tablespoon fresh lemon juice

Instructions

Place the eggs in a large pot and cover with cold water. Place on high heat. Bring to a boil, let boil for 1 minute, then turn off the flame and leave in the hot water for 12 minutes. Rub the eggs under cold water to help remove the peel.



Place the eggs in a large bowl, and mash into chunks with a potato masher. Stir in the celery, peppers, mayonnaise, garlic powder, paprika, a sprinkling of black pepper, and the lemon juice.

Spring and Summer Recipes

Week 2 – Lunch Day 3

White Bean and Fennel Salad with Peachy Tomato Dressing

By Cathy Vogt

This salad is easy to make and loaded with nutrient-dense ingredients. I like to make this simple dressing when tomatoes and peaches are at their height of flavor and ripeness. This dressing is a delicious accompaniment to salad greens or tossed in with steamed or grilled vegetables.

6 servings

Prep Time: 20 minutes

Cook Time: none

Ingredients

Salad:

- 2 large heads of Bibb or other delicate lettuce, washed and torn into pieces
- 1 small fennel bulb, trimmed and sliced very thin, include fronds
- ¼ cup red onion, thinly sliced
- 1 15-ounce can cannellini beans, drained and rinsed
- 2 peaches (very ripe), cut into wedges
- ½ cup toasted slivered almonds

Dressing:

- 1 large tomato, diced, juice included
- ½ cup peaches (very ripe), peeled, diced, juice included
- ½ cup fresh basil leaves, washed, loosely packed
- 1 garlic clove, peeled, pressed or chopped
- ¼ cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- freshly ground black pepper



Instructions

Clean and prepare salad greens, taking care not to bruise them, spin dry.

Place thinly sliced fennel, red onion, cannellini beans, and peaches in a large bowl.

Prepare the dressing: Place tomatoes, peaches, basil, garlic, vinegar, and olive oil in blender. Process dressing in blender for 1-2 minutes until smooth and well mixed. Scrape down ingredients in blender as necessary. Taste dressing and season with extra pepper.

Add 1/4 cup of the dressing to the salad and toss to combine.

Toast slivered almonds in a small pan on the top of the stove on a medium heat, shaking occasionally to toast them evenly. The nuts will become lightly browned; this should take about 4-5 minutes. Remove the nuts from the pan as soon as they are toasted so they don't overcook and become bitter.

When ready to serve place salad greens in bowl with vegetables, toss gently to combine adding a few more tablespoons of dressing. Serve on chilled plates garnished with toasted almonds.

Spring and Summer Recipes**Week 2 – Lunch Day 4****Green Bean Salad with Sun-Dried Tomatoes and Dijon Vinaigrette****By Jennifer Brawn**

This lightly dressed green bean salad makes a delicious lunch. A side of quinoa will make this meal complete.

4 servings**Prep Time: 10 minutes****Cook Time: 5 minutes****Ingredients**

- 1 pound green beans or haricot verts, stems removed
- 1 teaspoon stone ground mustard
- 1 teaspoon fresh lemon juice
- 2 tablespoons extra virgin olive oil
- ¼ cup sun-dried tomatoes, thinly sliced

Instructions

In a medium-sized saucepan bring about 1-quart of water to a boil. Add the beans, and lower the heat to a simmer. Cook until beans are still crisp yet tender, 3-6 minutes, depending on the thickness of the bean.

Drain and rinse with cold water.

Whisk together the mustard, lemon juice, and olive oil in a medium bowl. Toss the green beans and sun-dried tomatoes with dressing. Serve at room temperature.

Tips

Drain the sun-dried tomatoes, if they are in oil. If they are dry, reconstitute by placing the tomatoes in a cup of hot water for 10 minutes, then drain and slice.



Spring and Summer Recipes

Week 2 – Lunch Day 5

Cold Avocado-Cucumber Soup with Fresh Basil

By Rosalinda Paez

This quick and refreshing soup depends on ripe avocados. A chipotle chili and fresh basil lend great flavor.

4 servings

Prep Time: 15 minutes

Cook Time: none

Ingredients

- 2 English cucumbers
- ½ cup water
- 2 ripe avocados
- ½ cup chopped basil leaves, divided
- 1 garlic clove, pressed
- ¼ cup fresh lemon juice
- 5 ice cubes
- 2-3 plum tomatoes, diced
- ¼ cup blanched almonds, plus 10 whole blanched almonds for garnish
- 2 scallions, white and green parts, thinly sliced, divided
- 1 small chipotle chili pepper in adobo sauce, split open, seeds removed



Instructions

Roughly chop the ¼ cup of almonds and transfer to a blender and blend until floury. Remove both ends of the cucumbers, leaving the peel and seeds, and cut into chunks. Add to blender with the water and blend until liquefied.

Halve one avocado, remove the pit and scoop the flesh of both halves into the blender. Add half of the scallions, half of the basil, the garlic, the lemon juice, chipotle chili, and the ice cubes. Blend until liquidy and just a few pieces of ice are left.

Dice the remaining avocado and divide into 4 bowls and pour the soup on top. Garnish with the rest of the scallions, the chopped basil, the tomato, and the whole almonds.

Spring and Summer Recipes

Week 2 – Lunch Day 6

Picnic Pasta Salad

By Andrea Boje

This is a gluten free version of the ever-popular picnic dish made with brown rice pasta. Fresh dill really makes the salad come alive.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 8-ounce package brown rice shells or elbows
- 1 celery stalk, diced small
- ½ cup pitted kalamata olives, chopped
- 1 cup cherry tomatoes, quartered
- 1 medium shallot, minced
- 2 tablespoons chopped fresh dill
- ¼ cup plus 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1 cup chickpeas
- freshly ground black pepper



Instructions

Cook the pasta in boiling water according to package directions until al dente. Drain and rinse under cold water, then transfer to a large bowl. Stir in the celery, olives, tomatoes, shallot, and dill.

Whisk together the mayonnaise, mustard, vinegar, and honey in a small bowl. Mix with the pasta and chickpeas until well combined. Add pepper to taste.

Spring and Summer Recipes

Week 2 – Lunch Day 7

Spinach Salad with Creamy Pepper Dressing

By Dana Jacobi

Puréed tofu gives this salad main-dish nutritional substance. The dressing can also be served as a dip.

4 servings

Prep Time: 10 minutes

Cook Time: none

Ingredients

- 1 scallion, white and green parts
- 2 garlic cloves, peeled
- 2 teaspoons fresh lemon juice
- 1 tablespoon brown rice vinegar
- ½ teaspoon brown rice syrup
- 9 to 10-ounces silken or soft tofu
- 1 teaspoon dried oregano
- 1 tablespoon extra virgin olive oil or canola oil
- ¼-½ teaspoon coarsely ground black pepper
- 6 packed cups baby spinach leaves
- ½ pint cherry tomatoes

Instructions

In the bowl of the food processor, pulse the scallion, garlic, lemon juice, rice vinegar, and rice syrup 5-6 times to chop them coarsely, then whirl until the ingredients are finely chopped, 10 seconds. Scrape down the sides of the bowl.

Add the tofu and whirl until it is puréed. Add the oregano and the oil and process until blended into the tofu mixture. Add the pepper. Let the dressing sit at least 10 minutes or up to an hour before using to let the flavors meld.

Divide the spinach among 4 salad plates. Add 1/4 of the tomatoes to each salad. Spoon on 3 tablespoons of dressing and serve immediately.



Spring and Summer Recipes

Week 2 – Dinner Day 1

Asian Tempeh Kabobs

By Andrea Boje

Browning then braising the tempeh makes the tempeh juicy and flavorful. You can braise the tempeh up to 2 days before grilling it. Serve the kabobs on a bed of rice accompanied by a gluten free grain or salad.

3 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

Marinade:

- 2 tablespoons gluten free Shoyu or Tamari
- 2 tablespoons lemon juice or lime juice
- 1 tablespoon honey
- 1 teaspoon ginger juice, or a small piece of ginger peeled and grated
- 3 garlic cloves, minced or pressed

Kabobs:

- 1 8-ounce package tempeh
- 3 tablespoons extra virgin olive or coconut oil
- 6 6-inch skewers (if wooden, soak in water for 15 minutes)

Instructions

Whisk together the Tamari or Shoyu, vinegar, honey, ginger juice, and garlic in a small bowl.

Cut the tempeh into 1-inch cubes. Heat the oil in a medium skillet over medium heat. Add the tempeh and cook until browned on each side, about 2 minutes per side, using tongs to turn the cubes.

Add the marinade to the skillet and simmer for 10 minutes uncovered, turning the tempeh cubes so that they soak up the marinade evenly. Remove from the heat. Place 4 or 5 tempeh cubes onto each skewers. Heat a grill or grill pan to medium heat. Add the kabobs and grill for 4 or 5 minutes per side, until browned. Alternatively, serve right from the skillet, drizzled with a little pan liquid.

Tips

Add 2 teaspoons chopped fresh lemon grass to the marinade for a Thai influence. Add 1/4 cup pineapple or orange juice to the marinade along with 1/2 teaspoon lemon zest.



Spring and Summer Recipes

Week 2 – Dinner Day 2

Mediterranean Gluten Free Pasta Salad

By Diane O'Connell

This salad gets rave reviews every time. If the tomatoes are whole, slice or quarter them. Serve this salad over a bed of salad greens.

4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 12-ounce package gluten free short pasta
- 1 cup sun-dried tomatoes in olive oil
- 1 6-ounce jar quartered artichoke hearts in oil
- 2 tablespoons dried basil leaves
- 1 3.5-ounce jar capers
- 1 tablespoon garlic powder
- freshly ground black pepper

Instructions

In a large pot, bring 4 quarts of water to a boil. Add the pasta and cook according to package directions, or until al dente. Drain and place in a large mixing bowl.

Drain the oil from the sun-dried tomatoes and the artichoke hearts into the cooked pasta. Toss the pasta with the oil to keep from sticking.

Slice the sun-dried tomatoes and the artichoke hearts, and add both to the pasta. Add the basil, capers (including liquid), and garlic. Fold together, taste, and add a sprinkling of black pepper, if necessary.



Spring and Summer Recipes

Week 2 – Dinner Day 3

Bok Choy and Chickpeas with Cashews

Chef Terry Walters

Credits: Clean Food, by Terry Walters

Believe it or not, this is one of my favorite quick breakfast dishes! I love the uplifting energy of greens first thing in the morning and the addition of chickpeas and cashews makes this dish one that can satisfy me and keep me going for hours. This makes a great lunch or dinner as well, with a serving of steamed kasha.

4 servings

Prep Time: 10 minutes

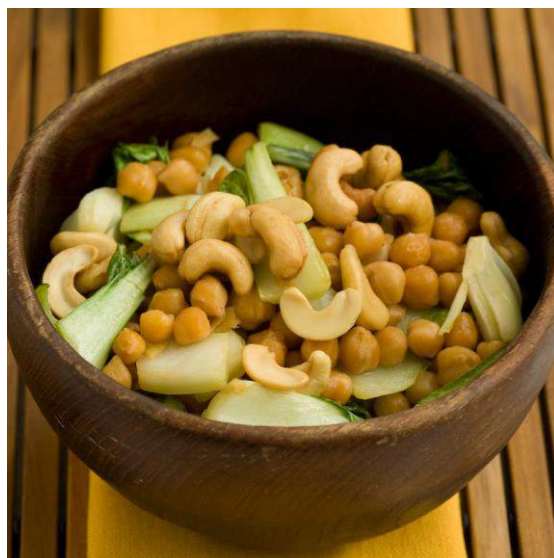
Cook Time: 10 minutes

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 tablespoon grated ginger
- 1 tablespoon Braggs liquid amino acids
- 1 tablespoon mirin
- 1 15-ounce can chickpeas, drained and rinsed
- 6 heads baby bok choy or 1 bunch bok choy, chopped into large pieces
- ½ cup toasted cashews

Instructions

Heat the olive oil over medium heat in a large skillet. Add the ginger and sauté for 1 minute. Add the Braggs, the mirin, the chickpeas and sauté for 2 more minutes (beans will start to color). Add the bok choy and sauté for another 2-3 minutes or until the greens are just tender. Remove from the heat, top with the toasted cashews and serve hot.



Spring and Summer Recipes

Week 2 – Dinner Day 4

Quick Tofu Scramble with Sautéed Onions and Peppers

By Judith Friedman

Here is an inexpensive and great way to add plant protein to your diet. Serve this dish alone for breakfast or with a simple salad for a great lunch or dinner.

4 servings

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 1 ½ tablespoons extra virgin olive oil
- 1 onion, thinly sliced
- ½ teaspoon freshly ground pepper
- 1 small red bell pepper, thinly sliced
- ¼ pound fresh shiitake mushrooms, stems removed and caps thinly sliced
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 3 garlic cloves, minced or pressed
- 2-3 drops Tabasco or other hot sauce
- 1 tablespoon gluten free Shoyu
- 1 pound extra firm tofu, drained on a paper towel
- 2 scallions, greens parts only, thinly sliced
- 2 tablespoons minced parsley



Instructions

Heat a skillet over medium flame. Add the oil to the pan.

Immediately add the onions, sprinkle with pepper, and sauté for about 4 minutes, stirring occasionally, until the onions start to become tender.

Add the pepper and mushroom slices and sauté for another 3 minutes, stirring occasionally. Mix in the turmeric and paprika and stir well. Add the garlic and sauté for another minute, then stir in the Tabasco and Shoyu if using.

Crumble the tofu into small clumps and add to the skillet, tossing to coat evenly with the spices and to distribute the vegetables.

Add the scallions and keep stirring until the tofu is heated through. Season with more pepper to taste. Garnish with parsley and serve hot.

Spring and Summer Recipes

Week 2 – Dinner Day 5

Soba Salad

Chef Caroline Nation

Make sure to look for the noodles that are 100% buckwheat since buckwheat does not contain gluten. This salad is a meal in itself, and by all means, substitute your favorite vegetables for the ones listed here.

4 servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients

- ½ cup broccoli florets
- ½ cup cauliflower florets
- 8 ounces soba noodles (100% buckwheat)
- 1 tablespoon toasted sesame oil
- 1 cup thinly sliced red cabbage
- 1 head green or ruby leaf lettuce, washed, drained and thinly sliced
- ½ cup tahini
- ½ cup water
- 2 teaspoons fresh lemon juice or brown rice vinegar
- 4 medium radishes, thinly sliced into rounds
- 2 medium carrots, shredded
- 1 scallion, white and green parts, thinly sliced



Instructions

In a large pot bring 4 quarts of water to a boil. Add the broccoli and blanch until barely tender. Remove with a slotted spoon and immediately plunge into a bowl of ice water or rinse under cold water to stop the cooking. Repeat with the cauliflower. When cool, drain the vegetables and set aside.

Add the noodles and cook for 6 to 8 minutes until just tender. Drain the noodles and immediately rinse under cold water. Sprinkle with the oil and toss to combine to keep the noodles from sticking.

Combine the cabbage and lettuce in a serving bowl. Place the noodles on top and arrange the cauliflower and broccoli around the edges.

Whisk the tahini, water, and lemon juice in a small bowl until well combined.

Pour the dressing over the salad and top with the radishes, carrots, and scallions. Divide onto plates and serve at room temperature.

Spring and Summer Recipes

Week 2 – Dinner Day 6

Vietnamese Omelet

By Laura Pole

When I was in culinary school in Manhattan I was motivated to find a special Vietnamese restaurant after watching the movie 'The Scent of Green Papaya'. I found such a restaurant and spent many a Sunday evening savoring Vietnamese crepes. This omelet is inspired by those crepes, called Banh Xeo in Vietnamese.

2 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 2 tablespoons coconut oil, divided
- ½ cup diced yellow onion
- ½ cup sliced fresh shiitake mushroom caps
- ½ cup mung bean sprouts (optional)
- 1 cup chopped watercress or leftover sautéed greens
- ½ teaspoon dried basil or 3 fresh leaves, roughly chopped
- 3 eggs, lightly beaten
- 2 leaves green leaf or romaine lettuce

Instructions

Heat 1 tablespoon of the oil over medium heat in a medium-sized omelet pan or skillet.

Add the onions and sauté until softened, about 5 minutes. Stir in the mushrooms and sauté until tender.

Add the bean sprouts, if using, and sauté for about 1 minute until wilted. Add the watercress and basil and sauté until wilted.

Transfer the vegetables to a plate and set aside.

Add the remaining tablespoon of oil to the pan and heat on medium-high. Pour the eggs into the pan, lifting up the edges and tilting the pan as they cook, to let the uncooked egg fill the edges. When the eggs are just about cooked, add the vegetables to 1/2 of the omelet, then fold the other half of the omelet over the vegetables. Cut in half.

Arrange the lettuce on 2 plates. Place the omelets over the lettuce. Serve immediately.



Spring and Summer Recipes

Week 2 – Dinner Day 7

Grilled Pasta Salad with Fennel and Cippolini Onions

By Terry Walters

Use brown rice pasta or another gluten free type to make this delicious pasta salad.

4 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- ½ pound brown rice penne or gluten free penne
- 2 tablespoons extra virgin olive oil
- 8 cippolini onions
- 1 fennel bulb
- 6 plum tomatoes, cut in quarter wedges
- 3 tablespoons capers, drained
- ½ cup fresh basil, leaves torn in half

Dressing:

- 3 tablespoons red wine vinegar
- 1 garlic clove, minced
- freshly ground black pepper
- 3 tablespoons extra virgin olive oil

Instructions

Cook the penne in a pot of boiling water until al dente, according to the package instructions. Drain and return to the pot, and drizzle with the olive oil to prevent sticking. Cover and set aside.

Preheat a grill and grill basket to medium. Place the whole onions on the grill and cook until soft throughout (skins will blacken). Remove from the heat and set aside to cool.

Slice off and discard the root end and stalks from fennel. Cut the bulb into wedges and steam for 3 minutes or until just soft. Remove from the heat, place in grill basket and grill with the tomatoes for 4-5 minutes. Remove from the heat and add to the penne.

Cut the ends off the onions and peel away the outer skin. Add to the pot with the pasta and fennel. Stir in the capers and basil and toss to combine.

Make the dressing: Whisk together the vinegar, garlic and a sprinkling of black pepper. Whisk in the oil, then toss with the pasta. Let sit for 5 minutes to marry flavors.

Taste and add more pepper if necessary. Serve at room temperature.



My Foundation Diet (Vegetarian) — Fall and Winter Week 1

My Foundation Diet (Vegetarian)

Fall and Winter Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast Burrito	Best Oatmeal Ever	Chipotle Tofu Burrito	Creamy Rice and Millet Hot Cereal	Scrambled Tofu with Spinach and Pesto or Tapenade	Teff Cereal with Dried Apricots	Two Eggs and Manna Bread
Lunch	Apple, Raisin and Vegetable Stir Fry with Quinoa	Eggplant Envelopes	Asian Hot-Pot	Black Bean Salad with Lime Vinaigrette	Shiitake Soup with Bean Thread Noodles	High Protein Lentil Salad	Quick Bean and Corn Chili
Dinner	Seared Tofu with Green Coconut Curry	Creamy Cauliflower Soup	Quinoa, Potato, and Corn Chowder	Sesame Noodles with Kale	Southwest Kidney Bean and Hominy Stew	Pasta with Broccoli with Garlic and Oil	Grilled Tempeh Kabobs

Fall and Winter Recipes**Week 1 – Breakfast Day 1****Breakfast Burrito****By Myra Kornfeld**

Get a healthy start to your day with these quick composed breakfasts! You can adjust the ingredient amounts and get creative with your favorite accompaniments.

1 serving**Prep Time: 5 minutes****Cook Time: 5 minutes****Ingredients**

- extra virgin olive oil for greasing the pan
- 2 eggs, beaten
- ¼ cup low-sodium salsa
- 1 gluten free tortilla

Instructions

Pour eggs into a pan lightly coated with olive oil. Cook until desired.

Place eggs in the center of the tortilla. Top with salsa and any other non-dairy toppings that you prefer, if using. Wrap tortilla like a burrito.



Fall and Winter Recipes

Week 1 – Breakfast Day 2

Best Oatmeal Ever

By Rebecca Katz

When done properly, oatmeal serves as an excellent nutritional base for a heartwarming meal. So how do we get to the Best Oatmeal Ever? Part of the secret is in preparation, getting the oats to the right consistency. Then apply the right combination of flavors. This oatmeal has warming spices, and dried fruit also goes into the mix. Top the whole thing off with nuts or fruit compote and you'll never look at oatmeal as grout again!

2 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup gluten free rolled or steel cut oats
- 1 ½ tablespoons fresh lemon juice
- ¼ cup dried cranberries, cherries, raisins, currants or a mixture
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon fresh or powdered ginger, grated
- 1 teaspoon maple syrup
- ¼ cup rice, almond or soy milk (optional)
- toasted almonds, chopped, for garnish (optional)



Instructions

Place the oats in a pan or bowl with water to cover and the lemon juice. Soak overnight. Drain through a fine-mesh sieve and rinse well under cold water.

In a 4-quart pot, combine the oats and the 2 cups fresh water. Bring to a boil over high heat and cover. Decrease the heat to a simmer and cook 10 minutes, stirring occasionally. Add the dried fruit, cinnamon, cardamom, and ginger. The oatmeal will become very creamy as the water evaporates. Add the maple syrup and milk and stir. For less-moist oatmeal, leave the lid off for the last 3 to 4 minutes of cooking.

Serve in a colorful bowl; garnish with toasted nuts.

Tips

The ancients had it right: before they ate their oatmeal, they soaked it overnight in a bowl of water and lemon juice. Why lemon juice? Because it helps break down the oats' outer shell. This allows more nutrients to be absorbed from the oats and gives them a creamier feel. Go with rolled oats or steel-cut oats (that's an Irish variation) for the best taste and nutrition.

Fall and Winter Recipes

Week 1 – Breakfast Day 3

Chipotle Tofu Burrito

By Dana Jacobi

Often served for breakfast, this meatless burrito can also make a solid lunch.

Servings: 4 small burritos

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- ½ cup prepared low-sodium chipotle salsa
- 1 16-ounce package tofu, firm or extra firm
- 4 sprouted corn tortillas
- 1 teaspoon extra virgin olive oil or canola oil
- ¼ cup onion, finely chopped
- 1 jalapeño, stemmed, seeded, and minced
- ⅛ teaspoon turmeric
- freshly ground black pepper
- 4 teaspoons chopped cilantro



Instructions

Preheat the oven to 300 degrees F.

Place the salsa in the strainer and set aside to drain.

With your hands, break the tofu into 8 pieces. Place a piece of the tofu in the palm of one hand, at the base of the fingers. Place the other hand over the tofu, at a right angle, as if you were clapping, and gently but firmly press the tofu. (Curling your thumbs and fingers to clasp your fingers together is helpful.) Squeeze until the tofu is about half its original height, and looks slightly like curds, and about half of its moisture has been removed. Place in a bowl, and repeat to squeeze out all of the tofu. This can be done up to 4 hours ahead and the tofu covered and refrigerated.

Wrap the tortillas in foil and warm them in the oven (or use the toaster oven). Set out the warm tortillas on a work surface.

In a medium, non-stick skillet, heat the oil over medium-high heat. Sauté the onion until it is translucent, 3-4 minutes. Mix in the tofu, jalapeño, and turmeric and cook, stirring constantly, until the tofu is evenly golden. Cook for another 2 minutes. Add pepper to taste.

Spoon 1/4 of the tofu down the center of each tortilla. Spoon 1 tablespoon of the salsa over the tofu. Sprinkle on 1 teaspoon of the cilantro. Roll in the sides of the tortillas and serve immediately.

Fall and Winter Recipes

Week 1 – Breakfast Day 4

Creamy Rice and Millet Hot Cereal

By Andrea Boje

This hot gluten free cereal reminds me a lot of the cream of wheat I used to eat as a child. Blend the grains ahead of time and have a container close by for a quick weekday breakfast. For each serving use 1/4 cup of the grain mix and 1 1/4 cups of liquid.

Servings: 6 1-cup servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup brown rice
- 1/2 cup millet
- 4 1/2 cups water
- 1/2 cup non-dairy milk (almond milk, rice milk, or soy milk)
- maple syrup (optional)
- sliced bananas, strawberries, or blueberries (optional)

Instructions

Blend the rice in a blender until finely ground. Shake the blender to get all of the grains blended. Transfer the rice flour to a bowl.

Repeat with the millet, adding it to the rice flour. Whisk together and cook immediately or store in the pantry in a covered jar for a quick breakfast.

Add the grain to a medium pot. Whisk in the water and milk and turn the heat to medium. Whisk occasionally until the liquid starts to bubble. Reduce heat to medium-low and cook for 8 to 10 minutes, stirring frequently, as cereal thickens and bubbles.

Drizzle maple syrup if desired. Divide into bowls and top with fresh fruit. Serve hot.

Tips

You can boost the protein to the mix by adding 1/4 cup quinoa flour.



Fall and Winter Recipes

Week 1 – Breakfast Day 5

Scrambled Tofu with Spinach and Pesto or Tapenade

By Myra Kornfeld

When cooked this way, tofu acts like a sponge, absorbing all the flavorful juices. A dash of turmeric lends an appealing color. Use a homemade tapenade or pesto or purchase your favorite variety.

4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 pound spinach
- 2 tablespoons extra virgin olive oil
- 1 red bell pepper, small diced
- 1 14.5-ounce can diced tomatoes
- 2 scallions, cut into 1-inch pieces
- 1 pound soft or firm tofu, rinsed, patted dry, and loosely crumbled
- ¼ teaspoon turmeric
- freshly ground black pepper
- 2 tablespoons prepared olive tapenade or pesto



Instructions

Remove the stems from the spinach and wash thoroughly. Wilt the spinach in a medium skillet over medium heat, stirring frequently or tossing with tongs to push the uncooked leaves to the bottom of the pot. You don't have to add water to the pot, because the water clinging to the leaves from washing is enough to cook them. Cook until the leaves have wilted and shrunk and are bright green. Remove and set aside, then wipe out the skillet. Press the spinach against a strainer to squeeze out the extra water and roughly chop.

Warm the oil in the same skillet over medium heat. Add the peppers and sauté until softened, about 5 minutes.

Add the tomatoes and scallions and cook for 3 or 4 minutes, until the tomatoes have reduced and thickened a bit. Add the tofu, turmeric, and a sprinkling of pepper. Cook for 5 minutes to let the tofu absorb the juices. Break up any chunks with a wooden spoon. Stir in 2 tablespoons of the olive tapenade or pesto. Stir in the spinach to heat through. Serve immediately.

Fall and Winter Recipes

Week 1 – Breakfast Day 6

Teff Cereal with Dried Apricots

By Myra Kornfeld

Dried apricots and teff were made for each other. For a bit more punch, add an additional dash of sweetener. A tablespoon of almond butter on top makes this a delightful breakfast. Soak the grain overnight to cut the cooking time in half.

2 servings

Prep Time: 5 minutes

Cook Time: 10-20 minutes

Ingredients

- 1 teaspoon coconut oil
- 2/3 cup teff
- 2 2/3 cups water
- 4 dried apricots, cut into small pieces (unsulphered variety)
- 1 tablespoon maple syrup or honey (optional)
- 1 tablespoon nut butter (optional)



Instructions

Warm the oil in a small pot. Add the teff and stir a couple of minutes, until the grains are coated and fragrant. Add the water and apricots, cover and bring to a boil. Lower heat and simmer 20 minutes (or 10 minutes if soaked overnight), stirring from time to time until the liquid is absorbed and the grain is cooked.

Stir in the maple syrup and nut butter, if desired, and serve hot.

Tips

To soak overnight, sauté the teff, add the water, apricots and cover. Leave unrefrigerated overnight. In the morning, bring to a boil and proceed with the recipe.

Note: Originally from Ethiopia, although currently harvested in the US, teff is a super grain, higher in protein than any other grain, with a pleasant grainy texture and earthy flavor. It is readily available in natural food stores or by mail order. The tiny grain is cleaned before packaging, so there's no need to rinse it before cooking.

Fall and Winter Recipes**Week 1 – Breakfast Day 7****Two Eggs and Manna Bread****By Myra Kornfeld**

Get a healthy start to your day with these quick composed breakfasts! You can adjust the ingredient amounts and get creative with your favorite accompaniments.

1 serving**Prep Time: 5 minutes****Cook Time: 5 minutes****Ingredients**

- 2 eggs
- 1 slice gluten free manna bread
- freshly ground black pepper

Instructions

Hard-boiled eggs: Fill small pot with water, bring to a boil, and place the eggs in. Let cook for 5 to 6 minutes. Rinse eggs under cold water.

Eggs over easy: Use a non-stick pan, or coat a pan with extra virgin olive oil. Crack the eggs over the pan and once egg whites become white, gently flip. Cook until desired.

Place eggs on manna bread and sprinkle with pepper to taste.

Fall and Winter Recipes

Week 1 – Lunch Day 1

Apple, Raisin and Vegetable Stir Fry with Quinoa

By Rosalinda Paez

This quick and tasty vegetable and fruit sauté mixes peppery watercress with sweet pepper, apples, and raisins. Quinoa and pine nuts turn it into a complete meal.

4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup quinoa
- 2 cups water
- ½ cup pine nuts
- 1 tablespoon extra virgin olive oil
- ¼ cup scallions, white and green parts, thinly sliced
- 1 small red bell pepper, sliced into thin strips
- 1 small yellow bell pepper, sliced into thin strips
- 1 cup carrots, thinly sliced on the diagonal
- 2 bunches watercress, heavy stems removed
- 1 large Granny Smith apple, cut into ½-inch cubes
- ½ cup raisins
- ½ teaspoon fresh lemon juice



Instructions

Rinse quinoa in a strainer under cold water and drain. Transfer to a small pot, and toast dry, stirring frequently, until fragrant and starting to color.

Add the water and bring to a boil. Lower heat and simmer covered for 15 minutes, or until all water has been absorbed and the quinoa is cooked.

Toast the pine nuts in a dry heavy-bottomed skillet, stirring frequently, until brown spots begin to appear, about 2 minutes. Set aside in a small bowl.

Warm the olive oil in a non-stick skillet over medium-high heat. Add the scallions and sauté for 2-3 minutes. Then add the peppers. Sauté for 4 minutes. Add the watercress, apples, raisins, and cook for 3 minutes, stirring constantly. Stir in the lemon juice.

Divide the quinoa onto plates. Top with the stir fry and sprinkle with the pine nuts.

Fall and Winter Recipes

Week 1 – Lunch Day 2

Eggplant Envelopes

By Daemon D. Jones, N.D., Daelicious! Recipes for Vibrant Living

This is a great way to get veggies into your kids or adults without them really knowing it. Using leftover tomato sauce allows you to recycle sauce and skip mayo all together. Yet another example of changing up flavors using vegetables.

4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 1 small eggplant
- 1 tablespoon freshly ground black pepper
- 2 tablespoons Italian seasoning
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 4 sprouted corn tortillas
- 1 cup tomato sauce
- 1 cup roasted red pepper slices (optional)
- 2 cups chopped romaine lettuce

Instructions

Cut off the ends of the eggplant, and thinly slice lengthwise (approximately 1/8 inch). Season the eggplant with pepper and Italian seasoning. In a saucepan, add olive oil and garlic and cook on medium-low heat for 1 minute.



Add eggplant to the pan and sauté until soft (translucent in color), approximately 4 minutes.

Warm the tortilla in the oven for 1 minute. Place the tortilla on a plate and spread with 1 tablespoon of tomato sauce.

Place a couple of roasted red pepper slices and 1/4 cup of romaine lettuce on the tortilla.

Finally, add 3-4 slices of eggplant on top of the lettuce. Roll the tortilla away from you until it looks like a burrito. Repeat for all tortillas, and serve.

Tips

Since this rolls up like a burrito you can add your favorite chopped vegetables to the envelope to increase the fiber and make it more filling.

If you don't want to use a tortilla roll it all up on a leaf of Savoy cabbage.

Fall and Winter Recipes

Week 1 – Lunch Day 3

Asian Hot-Pot

By Lorna Sass

This quickly prepared soup is hearty enough to serve on its own for a satisfying dinner.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 6 cups low-sodium vegetable broth
- ½ cup quick-cooking brown rice
- 1 pound firm or extra firm tofu, drained and diced
- 1 head bok choy, trimmed and thinly sliced
- 1 8-ounce can sliced baby corn
- 1 tablespoon instant wakame flakes (optional)
- 3 tablespoons dark miso
- ½ cup thinly sliced scallion greens
- 1-2 teaspoons hot pepper sesame oil or toasted sesame oil with a sprinkling of cayenne

Instructions

In a soup pot bring the broth to a boil over high heat. Ladle about 1/2 cup of the hot liquid into a 2-cup glass measuring cup. You will use this shortly.

Into the soup pot add the rice and cook for 3 minutes. Add the tofu, bok choy, baby corn, and wakame flakes (if using). Cover and cook over medium-high heat for 3 minutes.

Meanwhile, dissolve the miso in the reserved hot liquid. When the bok choy and rice are tender, turn off the heat. Stir in the miso solution, scallions, and sesame oil to taste. If the broth doesn't have enough flavor, add about a tablespoon more miso, dissolving it first in 1/4 cup of the broth. Serve in large soup bowls.



Fall and Winter Recipes**Week 1 – Lunch Day 4****Black Bean Salad with Lime Vinaigrette**
By Andrea Boje

This flavorful salad also has a high protein content. Serve as a light lunch on top a bed of lettuce or as a dip for tortilla chips. Increase the amount of jalapeño peppers if you favor it a little hotter. Replace the corn with fresh grilled corn off the cob to give it a smoky, outdoor flavor.

4 servings

Prep Time: 10 minutes

Cook Time: none

Ingredients

- 1 15-ounce can black beans, drained and rinsed
- ½ avocado, peeled, cut into small cubes
- ¼ red bell pepper, chopped
- ½ small red onion, small diced
- ½ cup corn
- 1 small tomato, chopped
- 1 small jalapeño, stemmed, seeded, and minced
- 3 tablespoons fresh lime juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon chopped cilantro, plus more for garnish
- 1 teaspoon honey
- freshly ground black pepper

**Instructions**

Add the beans, avocado, bell pepper, onion, corn, tomato, and jalapeño to a large bowl.

Whisk together the lime juice, oil, cilantro, honey, and pepper in a small bowl until thoroughly combined. Pour the vinaigrette over the bean mixture and stir to combine. Taste and adjust the seasonings as desired. Sprinkle salad with extra cilantro. Chill before serving.

Fall and Winter Recipes

Week 1 – Lunch Day 5

Shiitake Soup with Bean Thread Noodles

By Terry Walters

This is a bowl full of comfort and healing. If mung bean noodles aren't available look for rice noodles which cook up even faster, or stir in some leftover brown rice.

4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 6 dried shiitake mushrooms
- 8 cups water
- 1 leek, white and light green parts only, sliced
- 2 cups watercress, with the heavy stems removed
- 1 8-ounce package silken firm tofu, diced
- 6 ounces mung bean or rice noodles
- 4 teaspoons mellow white or chickpea miso
- 1 sheet toasted nori, cut into strips (about 1/4" x 2")

Instructions

Place the mushrooms and water in a medium pot and bring to boil. Cover, lower the heat, and simmer for 15 minutes. Remove the mushrooms with a slotted spoon and allow to cool slightly. Trim off and discard the mushrooms stems, slice the caps thinly and return to the pot with the broth. Add the leeks, watercress, tofu, and rice noodles, and simmer for a few minutes until the noodles are soft. Remove from the heat.

In a separate bowl dissolve the miso into 1/2 cup of water. Ladle the soup into the bowls, then stir in the dissolved miso. Taste and add more if necessary. Top with toasted nori strips and serve.

Tips

Miso is a living food that helps replenish healthy intestinal flora. It's best not to let it boil or else the health benefits will be destroyed. You can make the whole soup and add 1 teaspoon miso dissolved in 2 tablespoons cold water per serving.



Fall and Winter Recipes

High Protein Lentil Salad

By Ela Guidon

Week 1 – Lunch Day 6

It is a Peruvian custom to eat lentils with bananas. The dressing keeps the bananas from darkening and eggs give the salad an extra protein boost.

4 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup green lentils
- 1 onion, quartered, plus ¼ cup diced onion, divided
- 1 celery stalk, cut into 4 pieces
- 1 carrot, peeled and cut into 4 pieces
- 1 bay leaf
- 3 tablespoons fresh lemon juice
- 6 tablespoons extra virgin olive oil
- freshly ground black pepper
- 1 teaspoon finely chopped fresh thyme or ½ teaspoon dried thyme
- 1 teaspoon finely chopped fresh oregano or 1 teaspoon dried oregano
- ¼ cup finely chopped parsley
- ¼ cup chopped cilantro
- ½ cup cherry tomatoes, cut into halves
- ¼ cup banana, diced
- ¼ cup diced red bell pepper
- 4 hardboiled eggs, quartered



Instructions

Combine the lentils with 4 cups of water in a medium pot. Cover and bring to a boil then uncover and skim off the foam. Add the quartered onion, the celery, carrots, and bay leaf. Lower the heat and simmer, partially covered, until the lentils are just tender, about 20-25 minutes. Drain the lentils and remove the bay leaf, onion, celery, and carrot. Set aside and let cool.

In a bowl, mix the lemon juice, oil, and a sprinkling of pepper. Add the thyme, oregano, parsley, cilantro, the diced onions, tomatoes, red peppers, bananas, and lentils. Gently mix all the ingredients thoroughly.

Taste and add pepper if necessary.

Serve at room temperature, garnished with hard-boiled eggs.

Fall and Winter Recipes**Week 1 – Lunch Day 7****Quick Bean and Corn Chili****By Lorna Sass**

Serve this zesty chili over a mound of instant polenta or a square of corn bread, accompanied by a steamed green vegetable. The chili also makes a fun topping for halved baked potatoes. Leftovers, wrapped in a large gluten free tortilla, make a tasty lunch.

4 servings**Prep Time: 10 minutes****Cook Time: 10 minutes****Ingredients**

- 1 tablespoon extra virgin olive oil
- 1 medium onion, coarsely chopped
- 1 medium green bell pepper, seeded and chopped
- 3 garlic cloves, minced
- 2 15-ounce cans kidney beans, drained and rinsed
- 1 14.5-ounce can diced tomatoes with green chilies (fire roasted if available)
- 1 teaspoon chili powder
- 1 ½ cup fresh or frozen corn kernels
- ⅓ cup chopped cilantro

**Instructions**

In a large saucepan, heat the oil. Add the onion and green bell pepper and cook over medium-high heat, stirring frequently, until the onion is lightly browned, about 3 minutes. Stir in the garlic and cook another minute.

Add the beans, tomatoes (with liquid), and chili powder. Bring to a boil, then reduce the heat and simmer uncovered until the flavors mingle, about 5 minutes.

Stir in the corn. Cook until the corn is tender, about 1 more minute. Stir in the cilantro just before serving. Serve hot.

Fall and Winter Recipes

Week 1 – Dinner Day 1

Seared Tofu with Green Coconut Curry

By Elliott Prag

Try this crispy seared tofu with its fresh Thai-inspired green curry. Serve this over rice.

4 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

Curry:

- 1 bunch mint leaves
- 1 bunch basil leaves
- 1 bunch cilantro leaves
- 2 garlic cloves, thinly sliced
- 1 jalapeño, stemmed and seeded
- ¾ cup coconut milk
- 3 tablespoons unrefined sesame oil

Tofu:

- 2 pounds firm or extra firm tofu
- ¼ cup gluten free Shoyu or Tamari
- 4 tablespoons unrefined sesame oil, divided



Instructions

Make the curry. Transfer the herbs to a blender (there should be 3 cups all together) and add the garlic, jalapeño, coconut milk, and oil. Blend until smooth.

Meanwhile, press the tofu between 2 pie plates for at least 15 minutes to remove some of the water.

Cut each block into 4 slabs, and then on the diagonal into 8 triangular slices.

Heat 2 tablespoons of the sesame oil over medium-high heat in a large non-stick skillet. Add ½ of the tofu and sauté on both sides until golden. Add 2 tablespoons of the Shoyu and cook, flipping once, until the Shoyu is absorbed.

Repeat with the other block.

Serve hot, drizzled with the herb sauce.

Tips

Use refined sesame oil, not the toasted variety.

Fall and Winter Recipes**Week 1 – Dinner Day 2****Creamy Cauliflower Soup****By Sue Baldassano**

This soup can be prepared easily in less than 30 minutes. Equal amounts of broccoli may be substituted for the cauliflower.

6 cups**Prep Time: 15 minutes****Cook Time: 25 minutes****Ingredients**

- 1 tablespoon extra virgin olive oil
- 1 cup onion, coarsely chopped
- 2 garlic cloves, minced
- 1 medium cauliflower, roughly chopped
- ¼ cup brown rice
- 4 to 6 cups low-sodium vegetable stock
- 1 tablespoon fresh lemon juice
- 2 tablespoons parsley or tarragon

Instructions

Heat the oil in a medium soup pot. Add the onion. Cook on low heat until the onions begin to soften, but not brown, about 5 minutes.

Add the garlic, cauliflower, rice, and stock. Bring to a boil, lower the heat, and gently simmer until the cauliflower is tender, about 15-20 minutes.

Transfer the soup in batches to a blender or use an immersion blender to blend the soup until creamy. Stir in the lemon juice. Garnish with parsley and serve hot.

Fall and Winter Recipes**Week 1 – Dinner Day 3****Quinoa, Potato, and Corn Chowder****By Lorna Sass**

This thick soup is hearty enough to serve as an entrée, accompanied by a tossed salad and perhaps a bowl of popcorn, a standard soup garnish used by Ecuadorians that delights children of all ages.

3-4 servings**Prep Time: 10 minutes****Cook Time: 20 minutes****Ingredients**

- 2 tablespoons extra virgin olive oil, divided
- 1 ½ cups finely chopped leeks, white and light green parts only
- ¾ teaspoon dried oregano
- ½ pound red skinned potato, scrubbed and cut into ½-inch dice
- ¾ cup quinoa, rinsed and drained
- 4 cups corn kernels, fresh or frozen
- freshly ground black pepper
- ½ cup pimento-stuffed green olives, chopped
- ¼ cup chopped cilantro
- ¼ cup thinly sliced scallion greens
- 1-2 tablespoons fresh lime juice
- popcorn, for garnish, plus more for passing at the table

**Instructions**

In a heavy soup pot, heat 1 tablespoon of the oil over medium heat. Add the leeks and oregano. Cook, stirring occasionally, until the leeks begin to soften, about 4 minutes.

Add 4 cups of water and the potatoes. Bring to a boil over high heat. Add the quinoa. Boil uncovered over medium-high heat for 10 minutes.

Meanwhile, in a food processor or blender, process 3 cups of the corn kernels with 1 cup of water to create a coarse purée.

After the quinoa has cooked for 10 minutes, stir in the corn purée and remaining corn kernels. Add lots of freshly ground black pepper.

Continue cooking until the quinoa is done (the grains should be translucent and have no opaque white dot in the center), about 2 to 3 minutes more. Stir in the olives, cilantro, scallion greens, and additional tablespoon of oil.

Add enough lime juice to sharpen the flavors. Garnish with popcorn and pass additional popcorn in a bowl at the table.

Fall and Winter Recipes

Sesame Noodles and Kale

By Lorna Sass

Week 1 – Dinner Day 4

For a quick dinner of gluten free pasta (such as brown rice pasta) and kale, try this one-pot technique of cooking both together in the same pot. The dish is filling and nutritious to serve on its own.

3 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 large bunch kale
- 8 ounces brown rice or other gluten free fettuccine
- 1 ½ tablespoons toasted sesame oil
- 1 tablespoon gluten free Tamari or gluten free Shoyu
- ½ cup thinly sliced scallion greens
- 1 ½ tablespoons sesame seeds, toasted

Instructions

While bringing a large pot of water to a boil, hold the kale in a bunch and trim off an inch or 2 of the bottom fibrous stems. Thinly slice the remaining stems and leaves. Set the kale in a large bowl or sinkful of cold water and swish vigorously to remove sand and grit. Transfer to a colander and rinse thoroughly.



When the water is boiling vigorously, add the pasta and cook it for 5 minutes less than the cooking time directed on the package.

Add the kale in a few batches, pressing down with the back of a spoon to submerge each batch under water. Continue cooking over high heat, uncovered, until the kale and pasta are tender, about 5 minutes. Thoroughly drain the pasta and kale in a colander (reserve the nutritious cooking liquid for soup, if you wish). Return them to the hot pot. Toss in the sesame oil and Shoyu or Tamari to taste. With your fingers or a fork, separate any clumps of kale. Toss in the scallion greens and sesame seeds. Serve hot or at room temperature.

Fall and Winter Recipes

Week 1 – Dinner Day 5

Southwest Kidney Bean and Hominy Stew

By Lorna Sass

Whole kernel hominy is one of the best-kept secrets of the vegetarian kitchen. Chewy nuggets of this large-kernel corn are available canned and ready-to-eat, usually in the Latino section of supermarkets. Combine the hominy with elegant, mahogany kidney beans and the lively flavor of canned diced tomatoes with green chilies to make a hearty, protein-rich stew. Zucchini brings an accent of verdant color and crispness - a nice counterpart to the mellow beans and hominy. Serve the stew on its own or over brown rice.

6 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 cup coarsely chopped onion
- 2 14.5-ounce cans diced tomatoes with green chilies
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 1 15-ounce can hominy, white or yellow, rinsed and drained
- 2 15-ounce cans kidney beans, drained and rinsed
- 1 medium zucchini, quartered lengthwise and sliced
- freshly ground black pepper
- ¼ cup chopped cilantro, plus more for garnish

Instructions

In a large, heavy pot, heat oil. Stir in the onion and cook over medium-high heat, stirring frequently, until the onion is lightly browned. Stir in the tomatoes (with liquid), chili powder, cumin, hominy, beans, and zucchini.

Bring to a boil. Season to taste with pepper. Cover, then reduce the heat and simmer until the zucchini is tender but still firm, 10 to 12 minutes. Add pepper to taste. Stir in the cilantro just before serving.

Tips

If you are not partial to spicy food, use 1 can of diced tomatoes with chilies and 1 can of plain diced tomatoes.



Fall and Winter Recipes**Week 1 – Dinner Day 6****Pasta with Broccoli with Garlic and Oil****By Carole Ortenzo**

This is my mother's version of the traditional Italian dish of pasta with oil and garlic.

4 servings**Prep Time: 15 minutes****Cook Time: 10 minutes****Ingredients**

- 1 pound broccoli
- 5 tablespoons extra virgin olive oil
- 6 garlic cloves, thinly sliced lengthwise
- ½ pound gluten free capellini or angel hair pasta

Instructions

Cut the broccoli crown into fairly large florets (they will break up more after they are cooked and mixed into the pasta). Peel the tough, outermost layer of the stalk and slice it into 1/4-inch to 1/2-inch rounds.

Place the broccoli in a medium-skillet with 1 cup of water. Bring to a boil and cover. Lower heat and simmer until the broccoli is fork tender, about 5 minutes.

Heat a small skillet over low heat and add the oil. Add the garlic and cook until golden brown, about 2 minutes on each side. Remove the garlic slices from the hot oil and reserve the garlic and oil separately.

Meanwhile, boil 2 quarts of water. Add the pasta and cook according to package instructions, until al dente.

Drain the pasta. Return it to the pot and add the garlic and oil and mix well. Stir in the broccoli. If the pasta appears dry, add more oil. Serve hot.

Fall and Winter Recipes

Grilled Tempeh Kabobs

By Sally Nash

Week 1 – Dinner Day 7

These beautiful skewers can be made on the outdoor grill or inside on a pan or cast iron grill. The tempeh is marinated in a gingery stock. Serve with your favorite dipping sauce such as a purchased sweet chili sauce from the Asian market and a large bowl of basmati rice.

8-10 kabobs

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 10 wooden skewers
- ½ pound tempeh
- 2 cups water
- 2 cups low-sodium vegetable stock
- ¼ cup gluten free Shoyu or Tamari
- 1 1-inch piece fresh ginger, washed and sliced into 4 pieces
- 2 garlic cloves, sliced
- 1 medium red onion, quartered
- 2 red bell peppers, cut into 2-inch pieces
- 16-18 cherry tomatoes
- 3 medium zucchini, cut into 1-inch rounds
- extra virgin olive oil for grilling



Instructions

Soak the skewers in water to cover for at least 15 minutes. Open the tempeh package and cut it in half width wise, then cut each half into 8 pieces, giving you 16 equal cubes.

In a medium pot combine the water, stock, Shoyu, ginger, garlic, and tempeh. Bring to a boil, then turn down the heat to a simmer and cook the tempeh for 15 minutes. Remove the tempeh with a slotted spoon and transfer to a plate to cool.

To assemble the kabobs, start with a piece of onion (this keeps the other items secure) then slide on a piece of tempeh, then zucchini, pepper, and tomato. Repeat so that there are 2 pieces of tempeh and 2 of each of all the vegetables.

Place the kabobs on a tray until you are ready to grill. Preheat the grill to medium-high (make sure to oil the outdoor grill grates).

Brush each of the kabobs lightly with olive oil. Place on the grill for 5-7 minutes. Brush the other side lightly with oil and turn. Use the spatula to turn the kabobs if necessary- the tempeh has a tendency to stick.

Cook another 5-7 minutes until you have grill marks on the kabob and the tomatoes, zucchini, onion are softened.

Remove from the grill and serve immediately.

My Foundation Diet (Vegetarian) — Fall and Winter Week 2

My Foundation Diet (Vegetarian)

Fall and Winter Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Spanish Omelet	Stuffed Breakfast Mochi	Amaranth Breakfast Porridge	Savory Corn Grits with Toasted Pumpkin Seeds	Spinach and Avocado Omelet	Mighty Tasty Hot Cereal	Kathie's Breakfast Spread
Lunch	Millet with Red Lentils and Spinach	Chickpeas with Potatoes and Chard	Black Bean Pumpkin Soup	Ginger Tomato Vegetable Soup	Southwest Egg Salad	Raw Carrot Ginger Soup	Asian Tempeh Kabobs
Dinner	Linguini with Herbs	Sautéed Kale with Shiitake Mushrooms	Tempeh Curry Burger	Bella Burgers	Herbed White Beans with Swiss Chard	Teriyaki Tofu Stir Fry	Quinoa and Black Bean Salad

Fall and Winter Recipes

Week 2 – Breakfast Day 1

Spanish Omelet

By Myra Kornfeld

This colorful omelet has a zesty bite from the hot pepper. Put two-thirds of the filling in the center of the omelet and serve the rest of the sauce draped over the top.

2 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 cup onion, small dice
- ½ green bell pepper, diced
- ½ jalapeño or Serrano chili, minced (optional)
- 2 garlic cloves, minced
- 2 plum tomatoes, stemmed and chopped small
- 1 tablespoon tomato paste
- 2 tablespoons chopped scallions
- 3 eggs
- black pepper
- 1 tablespoon coconut oil



Instructions

Warm the oil in a medium skillet over medium heat. Add the onion, green pepper, and jalapeño, and cook for 7 minutes, until the onions and peppers are softened. Add the garlic and the tomatoes along with the tomato paste. Cook for 2 to 3 minutes, until the tomatoes have softened and heated through. Stir in the scallions and set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of pepper. Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the oil coats the bottom and the sides. Allow the oil to sizzle and the foam to subside, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan.

When there's just a little moist egg puddle on top, add two thirds of the filling. Fold the egg over the filling, add the remainder of the sauce in the corner to heat through and stir until hot. Slide the omelet onto a plate, slice in half, and serve each half draped with the sauce.

Fall and Winter Recipes

Week 2 – Breakfast Day 2

Stuffed Breakfast Mochi

By Myra Kornfeld

Made from pounded sweet rice, Mochi comes in a variety of flavors such as cinnamon raisin, chocolate, and garlic-sesame. Goopy and chewy, it makes a quick, nourishing, and fun breakfast that even kids love. It expands at high heat like a balloon in just 8-10 minutes. Slit open the puffed Mochi and then stuff the cavity with your preferred fillings. Peanut butter, honey, and banana is one of my favorites.

1 serving

Prep Time: 5 minutes

Cook Time: 8 - 10 minutes

Ingredients

- 1 ½ ounces Mochi (⅓ package)
- 1 tablespoon honey
- ¼ banana, sliced
- 1 tablespoon creamy natural nut butter (optional)

Instructions

For each person, cut two 1 x 2-inch rectangles (don't make the pieces any bigger than 2 inches, or they won't puff well), and place them on a baking sheet in a 450 degrees F oven (a toaster works well) until puffed and golden, 8 -10 minutes.

Meanwhile, mix 1 tablespoon nut butter (if using) with 2 teaspoons honey in a small ramekin or bowl. When the Mochi is ready, remove it from the oven and wait a minute or two. Slit the pieces open and stuff them with the nut butter (if using) and honey and slices of banana (1/4 banana per piece). Serve hot.



Tips

If using nut butter, use an excellent quality nut butter that has no added sugar or hydrogenated oils, or make your own.

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts, and almonds all make for exceptional nut creams, so use your favorite!

Fall and Winter Recipes**Week 2 – Breakfast Day 3****Amaranth Breakfast Porridge****By Lorna Sass**

Amaranth is a gluten free grain (actually a seed) with a mildly sweet, earthy corn flavor that marries beautifully with honey. It makes a very comforting, high-protein, hot breakfast cereal. Soaking the amaranth overnight results in a virtually instant breakfast.

4 servings**Prep Time: 5 minutes****Cook Time: 5 minutes****Ingredients**

- 1 cup amaranth
- 1 tablespoon honey
- pinch of ground cinnamon or freshly grated nutmeg

Instructions

In a small saucepan, soak the amaranth in 3 cups of water for 7 hours overnight.

When you are ready to eat, bring the amaranth to a boil in the soaking water over high heat, uncovered. Stir well. Reduce the heat to low, cover, and simmer until all of the water is absorbed and the amaranth is soft and translucent, 3 to 5 minutes. (It will always be slightly crunchy, but shouldn't be hard).

Remove from the heat and stir in the oil, honey, and cinnamon. Serve hot.

**Variation:**

Last-Minute Amaranth: Increase the water to 3 1/2 cups and bring to a boil. Whisk in the amaranth. Return to boil. Cover, reduce the heat to low, and simmer until the amaranth is soft and translucent, 22 to 25 minutes. Add more water if the mixture begins to stick to the bottom of the pot before the amaranth is tender. Remove from the heat and stir in the coconut oil, honey, and cinnamon.

Fall and Winter Recipes

Week 2 – Breakfast Day 4

Savory Corn Grits with Toasted Pumpkin Seeds

By Myra Kornfeld

Corn grits have a pleasing texture when sprinkled with plumped toasted pumpkin seeds. A bit of grated non-dairy cheese turns this into pure comfort food.

2 servings

Prep Time: 5 minutes

Cook Time: 7-10 minutes

Ingredients

- 2 tablespoons raw pumpkin seeds
- 2 cups water
- ½ cup corn grits
- 1 tablespoon coconut oil (optional)
- black pepper
- ¼ cup grated non-dairy cheddar cheese (optional)

Instructions

Dry toast the pumpkin seeds in a heavy-bottomed skillet, stirring constantly, until the pumpkin seeds are golden and some begin to pop, about 3 minutes. Transfer to a small bowl.

Mix the water and grits in a medium bowl. Bring to a boil, then lower heat to a gentle bubble and cook, stirring from time to time, until the grits thicken and are cooked, about five minutes. Stir constantly the last few minutes.

Stir in the coconut oil if using and a sprinkling of black pepper.. Stir in the non-dairy cheese if using.

Serve hot, sprinkled with pumpkin seeds.

Tips

White and yellow corn grits are easy to find boxed in the hot cereal section of Natural food stores.

Variation:

A quarter cup of fresh or frozen corn cooked with the grits adds delicious texture.

For a sweeter, but not overly sweet variation, use carrot juice for all or part of the liquid measurement.



Fall and Winter Recipes**Week 2 – Breakfast Day 5****Spinach and Avocado Omelet****By Myra Kornfeld**

Avocados add just the right amount of creaminess to this omelet. Scale this up by adding 1 to 2 eggs per person and increasing the filling.

1 serving**Prep Time: 5-10 minutes****Cook Time: 5-7 minutes****Ingredients**

- 2 ½ ounces baby spinach, washed but not dried
- 2 teaspoons coconut oil
- 2 eggs
- freshly ground black pepper
- a few slices of ripe avocado
- 1 lime (optional)

Instructions

Wilt the spinach in a medium non-stick skillet, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach. Transfer to a plate to set aside.

Use a fork or whisk and beat the eggs in a small bowl with a few pinches of pepper.

Melt the coconut oil over high heat in a medium non-stick skillet or omelet pan, rotating the pan so that the oil coats the bottom and the sides. Allow the oil to sizzle, then add the beaten eggs and let them sit for 2 to 3 seconds. With a fork or rubber spatula if using a nonstick pan, begin to draw the lightly cooked egg toward the center of the pan. As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan. Continue working your way around the pan, pulling the cooked egg in and tilting the pan. When there's just a little moist egg puddle on top, add the spinach.

Fold the egg over the spinach, layer the spinach with a few avocado slices and a squeeze of lime. Slide the omelet onto a plate. Serve hot.



Fall and Winter Recipes**Week 2 – Breakfast Day 6****Mighty Tasty Hot Cereal****By Myra Kornfeld**

Bob's Red Mill makes a delicious gluten free hot cereal, consisting of cracked brown rice, corn, white sorghum, and buckwheat, called Mighty Tasty Gluten Free Hot Cereal. It cooks fast, tastes delicious with a variety of toppings, and makes a warming satisfying breakfast. Swirl in a tablespoon of almond butter and a dash of sweetener for a luscious breakfast.

2 servings**Prep Time: 5 minutes****Cook Time: 7-10 minutes****Ingredients**

- 2 cups water
- ½ cup Bob's Red Mill Mighty Tasty Gluten Free Hot Cereal
- 2 tablespoons raisins or other chopped dried fruit
- 2 tablespoons almond butter (optional)
- 2 teaspoons honey

Instructions

Bring the water to a boil in a small pot. Stir in the cereal and dried fruit. Lower the heat to a gentle bubble and cook, stirring from time to time, until the water is absorbed and the cereal has thickened, about 5 minutes. Stir constantly for the last few minutes as the cereal starts to thicken.

Stir in the almond butter and sweetener if using. Serve hot.

Tips

Scale the recipe up or down to suit your needs.

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts, and almonds all make for exceptional nut creams, so use your favorite!

Fall and Winter Recipes**Week 2 – Breakfast Day 7****Kathie's Breakfast Spread****By Kathie Madonna Swift**

A delicious spread designed to perk up your morning! This is especially handy when you are on the go. It is a delicious compliment to apples, pears, and bananas.

1 serving**Prep Time: 5 minutes****Cook Time: none****Ingredients**

- 1 tablespoon natural nut butter
- 2 teaspoons ground flaxseed
- 2 teaspoons water
- dash of fresh ginger juice
- slices of your favorite fruit (i.e. bananas, apples, pears)

Instructions

Add all ingredients to a food processor or a small bowl and combine until fully mixed. Spread on fresh fruit.

Tips

If you prefer to make your own nut cream or butter, here's how:

- 1 cup nuts
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Grind the nuts in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground nuts, lemon juice, and nutmeg. Blend until very smooth, about 3 minutes.

Macadamia nuts, cashews, peanuts, and almonds all make for exceptional nut creams, so use your favorite!

Fall and Winter Recipes

Week 2 – Lunch Day 1

Millet with Red Lentils and Spinach

By Rosalinda Paez

This is a complete protein meal combining a grain, a legume, and greens. Its many nutrients include calcium, iron, folate, and vitamin A, all remaining intact because of the short cooking time.

4 servings

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients

- 1 cup millet
- 4 cups hot water
- 1 cup red lentils
- 3 garlic cloves, 1 left whole, 2 pressed
- 1 bay leaf
- 2 tablespoons fresh lemon juice
- 2 tablespoons tomato paste
- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 2 teaspoons ground cumin
- 1 pound spinach, stemmed, leaves cut into bite-sized pieces
- ½ cup chopped fresh mint
- ½ cup chopped fresh parsley



Instructions

Rinse the millet, then, add it to a heavy-bottomed medium pot. Toast the millet, stirring constantly, until the millet is dry and starts to color, about 5 minutes. Add the hot water. Add the lentils, whole garlic, and bay leaf. Cover and bring to a boil, then lower the heat and simmer for about 25 minutes, until the water has been absorbed and the millet and lentils are cooked. Remove and discard the bay leaf, and mash the cooked garlic against the side of the pot with a fork.

Mix the lemon juice with the tomato paste in a small bowl and set aside.

Heat the oil in a large skillet over medium heat. Add the onions and sauté for 5 minutes, then add the 2 pressed garlic cloves and the cumin and sauté for 1 minute. Add the spinach and cook for 2-3 minutes, tossing constantly, until wilted. Add the millet and lentils, reserved lemon-tomato paste and parsley, and mix thoroughly. Serve hot.

Fall and Winter Recipes**Week 2 – Lunch Day 2****Chickpeas with Potatoes and Chard****By Sally Nash**

This is a simple Indian-inspired dish. While chickpeas are a delicious source of protein, you can vary this dish with other types. Serve with a side of roasted beets or lemony basmati rice.

4-6 servings**Prep Time: 15 minutes****Cook Time: 20 minutes****Ingredients**

- 1 tablespoon coconut oil
- 1 large onion, medium dice
- 6 medium red or white potatoes, cut into 1-inch cubes
- ¼ teaspoon turmeric
- ¼ teaspoon white or black pepper
- 1 ½ teaspoons ground cumin
- 2 cups water or low-sodium vegetable stock
- 1 ½ teaspoons ground coriander
- 2 15-ounce cans chickpeas, drained and rinsed
- 1 cup fresh tomatoes, seeded, and large dice or 1 14.5-ounce can whole tomatoes, drained
- 1 bunch Swiss chard, stalks removed, leaves thinly sliced

Instructions

Warm the coconut oil in a large skillet over medium heat. Add the onions and sauté until soft and golden, approximately 5-7 minutes.

Add the potatoes, turmeric, pepper, cumin, coriander, and cook for 1 minute. Add the stock or water, stirring and scraping up any stock bits. Cook, covered, on medium low heat for about 7 minutes or until the potatoes are tender.

Uncover and add the chickpeas, tomatoes, and Swiss chard and cook for about 5 minutes on medium-high heat until the flavors are melded. Taste and add more pepper if necessary.

Fall and Winter Recipes**Week 2 – Lunch Day 3****Black Bean Pumpkin Soup****By Victoria Amory****Adapted from a recipe in Victoria's book "Delicious!"**

This easy to make soup is deliciously chunky and quickly made to feed a crowd. Organic canned pumpkin purée makes this especially quick and tasty.

6 -8 servings**Prep Time: 15 minutes****Cook Time: 20 minutes****Ingredients**

- 4 tablespoons extra virgin olive oil
- 1 white onion, diced
- 1 red bell pepper, diced
- 3 garlic cloves, chopped
- 1 teaspoon ground cumin
- 6 cups low-sodium vegetable stock
- 2 15-ounce cans pumpkin purée
- 2 15-ounce cans black beans, drained and rinsed
- 3 medium tomatoes, diced
- freshly ground black pepper
- ½ teaspoon red pepper flakes
- ½ cup chopped cilantro, for garnish

**Instructions**

Heat the oil in a large pot. Add the onions and peppers and sauté over medium heat until soft and translucent, about 5 minutes.

Add the garlic and cumin; cook for one minute to release the aromas and then add the stock, pumpkin purée, black beans, tomatoes, a sprinkling of black pepper, and the red pepper flakes.

Bring to a boil, then lower the heat and simmer for 10 minutes to marry flavors. Serve hot, sprinkled with cilantro.

Fall and Winter Recipes**Week 2 – Lunch Day 4****Ginger Tomato Vegetable Soup****By Sally Nash**

This quick and easy soup has lots of flavor and gingery fragrance. Serve it with pieces of toasted crusty gluten free bread.

4 servings**Prep Time: 15 minutes****Cook Time: 20 minutes****Ingredients**

- 2 tablespoons extra virgin olive oil, divided
- 2 teaspoons minced ginger
- 3 carrots, small diced
- 1 cup fresh green beans, small diced
- 4 small red potatoes, small dice
- 5 cups low-sodium vegetable stock
- 2 garlic cloves, minced
- 6 plum tomatoes, peeled, seeded, and small dice
- 1/8 teaspoon cayenne
- 2 tablespoons fresh parsley or basil
- freshly ground black pepper

Instructions

Heat 1 tablespoon of olive oil in a large pot. Add the ginger and cook for 1 minute over medium-high heat.

Add the carrots and sauté for 2 minutes, then add the green beans and potatoes, and cook for 1 minute, stirring frequently. Add the vegetable stock and bring to a boil. Lower the heat and simmer the soup for 5-7 minutes, until the vegetables are tender.

While the soup is simmering, warm the remaining 1 tablespoon of oil in a medium non-stick skillet. Add the garlic and cook for 30 seconds, then add the tomatoes and cook for 2 minutes. When the vegetables in the soup are tender, add the tomato mixture and simmer another 2 minutes. Stir in the cayenne and black pepper. Taste and add more pepper, if necessary.

Serve hot, garnished with parsley or basil.



Fall and Winter Recipes**Southwest Egg Salad****By Diane O'Connell****Week 2 – Lunch Day 5**

Smoked paprika, known as pimenton, is naturally smoked over traditional oak fires, and gives a great twist to this classic dish. Serve it over a bed of lettuce.

4 to 6 servings**Prep Time: 20 minutes****Cook Time: 3 minutes****Ingredients**

- 1 dozen eggs
- 1 celery stalk, small diced
- 1 jalapeño, stemmed, seeded, and minced
- 1 small red bell pepper, small dice
- ½ cup mayonnaise
- 1 teaspoon garlic powder
- ¾ teaspoon smoked paprika
- freshly ground black pepper
- 1 tablespoon fresh lemon juice

Instructions

Place the eggs in a large pot and cover with cold water. Place on high heat. Bring to a boil, let boil for 1 minute, then turn off the flame and leave in the hot water for 12 minutes. Rub the eggs under cold water to help remove the peel.



Place the eggs in a large bowl, and mash into chunks with a potato masher. Stir in the celery, peppers, mayonnaise, garlic powder, paprika, a sprinkling of black pepper, and the lemon juice.

Fall and Winter Recipes**Week 2 – Lunch Day 6****Raw Carrot Ginger Soup****By Andrea Boje**

This bright and flavorful soup combines fresh carrot juice with creamy avocados. You can start with whole carrots and juice them or purchase a good quality purchased variety. Serve it as a first course or enjoy the soup for lunch with some fresh gluten free bread and cut apples or grapes.

4 1-cup servings**Prep Time: 20 minutes****Cook Time: none****Ingredients**

- 2 pounds carrots or 3 cups purchased carrot juice
- 2 ripe avocados
- 1 ½ tablespoons fresh lemon juice
- 1 teaspoon grated ginger
- 1 tablespoon honey
- diced avocado, for garnish

Instructions

Juice the carrots to make approximately 3 cups. Alternatively use store-bought carrot juice.

Place the carrot juice, avocados, lemon juice, and ginger into a blender and blend on high speed until smooth. Stir in the honey if you want it sweeter.

Divide into 4 bowls and top with diced avocado if desired. Serve at room temperature or chilled.



Fall and Winter Recipes

Week 2 – Lunch Day 7

Asian Tempeh Kabobs

By Andrea Boje

Browning then braising the tempeh makes the tempeh juicy and flavorful. You can braise the tempeh up to 2 days before grilling it. Serve the kabobs on a bed of rice accompanied by a gluten free grain or salad.

3 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

Marinade:

- 2 tablespoons gluten free Shoyu or Tamari
- 2 tablespoons lemon juice or lime juice
- 1 tablespoon honey
- 1 teaspoon ginger juice, or a small piece of ginger peeled and grated
- 3 garlic cloves, minced or pressed

Kabobs:

- 1 8-ounce package tempeh
- 3 tablespoons extra virgin olive or coconut oil
- 6 6-inch skewers (if wooden, soak in water for 15 minutes)



Instructions

Whisk together the Tamari or Shoyu, vinegar, honey, ginger juice, and garlic in a small bowl.

Cut the tempeh into 1-inch cubes. Heat the oil in a medium skillet over medium heat. Add the tempeh and cook until browned on each side, about 2 minutes per side, using tongs to turn the cubes.

Add the marinade to the skillet and simmer for 10 minutes uncovered, turning the tempeh cubes so that they soak up the marinade evenly. Remove from the heat. Place 4 or 5 tempeh cubes onto each skewers. Heat a grill or grill pan to medium heat. Add the kabobs and grill for 4 or 5 minutes per side, until browned. Alternatively, serve right from the skillet, drizzled with a little pan liquid.

Tips

Add 2 teaspoons chopped fresh lemon grass to the marinade for a Thai influence.

Add 1/4 cup pineapple or orange juice to the marinade along with 1/2 teaspoon lemon zest.

Fall and Winter Recipes**Week 2 – Dinner Day 1****Linguini with Herbs****By Victoria Amory****Adapted from a recipe in Victoria's book "Delicious!"**

This dish is simplicity itself. Some grilled vegetarian sausages are all you need to make this a heavenly meal.

6 servings**Prep Time: 10 minutes****Cook Time: 20 minutes****Ingredients**

- ½ pound small red potatoes, peeled and quartered
- 12 ounces whole grain gluten free pasta
- 1 cup parsley
- 1 cup basil leaves
- 3 garlic cloves, peeled
- ½ cup extra virgin olive oil
- freshly ground black pepper

Instructions

Cover the potatoes with cold water in a large pot. Bring to a boil and cook until the potatoes are just tender, about 10 minutes.

Remove with a slotted spoon and set aside. Add the spaghetti and cook until al dente, according to package directions.

Meanwhile, blend the parsley, basil, garlic, oil, and pepper until smooth.

Drain the spaghetti, reserving 2 tablespoons of the cooking liquid.

Toss the hot pasta with the potatoes, green sauce, and reserved liquid and mix well. Serve hot.



Fall and Winter Recipes**Week 2 – Dinner Day 2****Sautéed Kale with Shiitake Mushrooms****By Terry Walters**

Tender cooked greens and sautéed mushrooms make a delightful combination. Add a side of quinoa or brown rice for a delicious entrée.

4 servings**Prep Time: 10 minutes****Cook Time: 25 minutes****Ingredients**

- ¼ pound fresh shiitake mushrooms
- 2 tablespoons extra virgin olive oil
- 1 cup leeks, white and light green parts only, sliced
- 1 large bunch kale, stemmed, leaves chopped into bite-size pieces
- 2 tablespoons gluten free Shoyu or Tamari
- 1 tablespoon mirin
- 1 tablespoon sesame seeds, for garnish

Instructions

Prepare the shiitake mushrooms by removing and discarding the stems and slicing the caps thinly. Set aside.

Heat a heavy-bottomed skillet to medium-high.

Add the oil then the leeks, and sauté the leeks until soft, about 4 minutes. Add the shiitakes and continue cooking until the shiitakes start to brown. Add the Shoyu or Tamari to deglaze the pan and continue sautéing, about 7 minutes. Add the kale and mirin and sauté until the kale becomes tender, about 10 minutes. Remove from the heat, top with sesame seeds. Serve.



Fall and Winter Recipes

Tempeh Curry Burger

By Sally Nash

Week 2 – Dinner Day 3

These protein packed burgers are quick to make when you have 1 cup leftover mashed potatoes. Bake them in the oven, fry them or put them on the grill. The burgers pair well with condiments such as mango chutney, cilantro sauce, or tamarind sauce, all of which can be readily purchased.

6 servings

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

Mashed Potatoes:

- 1 large russet potato, peeled and diced into cubes
- sprinkling freshly ground black pepper
- ½ teaspoon extra virgin olive oil

Burgers:

- 1 tablespoon extra virgin olive or coconut oil, plus more for cooking
- 1 cup onion, small diced
- 1 ½ teaspoon curry powder
- 1 8-ounce package tempeh, crumbled into very small pieces
- ¼ teaspoon gluten free Shoyu or Tamari
- ¼ cup whole grain gluten free bread crumbs



Instructions

Make the mashed potatoes: Steam the potatoes for 5-7 minutes until potatoes are tender. Remove the potatoes and put them in a small bowl, a sprinkling black pepper, and the oil. Mash until everything is combined. You should have 1 cup.

Warm the oil in a medium skillet over medium heat. Add the onions and sauté until golden, then add the curry powder and sauté 1 minute. Add the tempeh and Shoyu and cook for several minutes. Transfer to a large bowl.

Add the mashed potatoes and bread crumbs to the tempeh mixture. Mix together until well combined.

Divide the mixture up into 6 portions and form 6 firm burgers. Refrigerate on a plate for 30 minutes to set.

To fry: film a large non-stick skillet with coconut or extra virgin olive oil. Heat the oil until a hand held 1-inch above the skillet feels hot. Add the burger and cook for 5-7 minutes on each side, or until golden.

To bake: preheat the oven to 475 degrees F. Brush each burger lightly with olive oil and place on a parchment lined baking pan. Bake 20 minutes on each side or until golden and crispy.

Fall and Winter Recipes

Week 2 – Dinner Day 4

Bella Burgers

By Daemon D. Jones, N.D.

Daelicious! Recipes for Vibrant Living

Portobello mushrooms are a refreshing change from meat or grain burgers. Marinating the portobellos gives them a smooth flavor and makes you feel like you are having a satisfying sandwich. Treat this like any other burger and serve with your favorite condiments such as lettuce, tomatoes, mustard, ketchup, and gluten free burger buns.

3 servings

Prep Time: 15 minutes plus 1 hour refrigeration

Cook Time: 10 minutes

Ingredients

- 3 large portobello mushrooms
- 6 garlic cloves, peeled
- 2 tablespoons red wine vinegar
- ¼ cup extra virgin olive oil
- ⅛ teaspoon freshly ground black pepper
- ½ cup red onion, thinly sliced

Instructions

In a medium bowl, add garlic, red wine vinegar, and pepper. Marinate the mushrooms in this mixture for at least 1 hour.

In a saucepan, add the red onions and olive oil and sauté for 2 minutes.

Add portobello mushrooms and cook until soft, about 5-8 minutes.

Serve with whatever garnishes you prefer.

Tips

Other delicious burger toppings pair well with this burger like avocado, vegetarian chili, roasted bell peppers, pickles, etc.



Fall and Winter Recipes**Week 2 – Dinner Day 5****Herbed White Beans with Swiss Chard****By Myra Kornfeld**

Beans and greens together are easily digested and make a protein-packed vegetarian meal. I like to keep ramekins of minced garlic and minced herbs in my refrigerator, so that I can cook meals like this especially quickly.

2 servings**Prep Time: 10 minutes****Cook Time: 10 minutes****Ingredients**

- 1 bunch Swiss chard, about $\frac{3}{4}$ pound
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 1 teaspoon chopped fresh rosemary, sage, or thyme, or a mix
- freshly ground black pepper
- Squeeze fresh lemon juice

Instructions

Slice the chard leaves thinly, leaving the heaviest white stems at the bottom behind. (No need to cut out the stems in the middle.) You should have about 4 cups sliced greens. Wash and set aside.

Warm the olive oil and the garlic together in a large skillet over medium heat. When the garlic is straw-colored, after about 2 minutes, stir in the greens, and cook for two minutes, until the chard is wilted. Stir in the beans along with $\frac{1}{4}$ cup water, and a teaspoon of fresh herbs. (A mix of rosemary, sage, and thyme is delicious, but any one is good.) Let simmer uncovered for 5 minutes to absorb the flavors, cooking until most of the water is evaporated.

Sprinkle with black pepper and a splash of lemon juice. Serve hot.

Fall and Winter Recipes

Teriyaki Tofu Stir Fry

By Andrea Boje

Week 2 – Dinner Day 6

This recipe makes a quick and easy weeknight or lunchtime meal. If you want to speed the cooking even more, use 3/4 cup of a good quality purchased teriyaki marinade.

4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 pound firm or extra firm tofu
- 4 tablespoons unrefined sesame oil, divided
- 1 cup diced onion
- 1 head broccoli, chopped
- 1 cup sugar snap peas
- 1 cup green beans, ends cut and discarded
- 1 red bell pepper, medium dice
- 1 orange bell pepper, medium dice
- 2 cups cooked brown or white rice
- 1 tablespoon sesame seeds
- 3 scallions, whites and greens, chopped, for garnish

Marinade:

- ¼ cup gluten free Shoyu or Tamari
- 2 teaspoons grated ginger or ginger juice
- 1 tablespoon mirin
- 2 garlic cloves, minced or pressed



Instructions

Drain and rinse the tofu. Wrap it in a paper towel and lightly squeeze to release the extra water. Cut the tofu into 1-inch cubes and set aside.

In a wok or large skillet heat 2 tablespoons of the oil over medium-low heat. Add the onions and sauté until they start to soften, about 2 minutes. Add the broccoli, sugar snap peas, green beans, and bell peppers. Continue to cook until the broccoli starts to soften, stirring occasionally, about 6 minutes. Transfer the vegetables to a dish and set aside.

Whisk the Tamari, ginger, mirin, and garlic together in a small bowl.

Place the remaining 2 tablespoons of the oil in the same wok or skillet over medium heat. Add the tofu and cook until the tofu is browned on all sides, turning frequently. Pour the marinade over the tofu and stir to coat and let cook another 2 minutes. Return the vegetables to the skillet with the tofu and stir to mix. Cook another 2 minutes or until some of the liquid has reduced. Divide the rice onto 4 plates. Top with the stir fry and sprinkle each serving with sesame seeds and scallions.

Fall and Winter Recipes**Week 2 – Dinner Day 7****Quinoa and Black Bean Salad****By Cathy Vogt**

Quinoa is a staple grain in my house; it is high in protein, easy to digest and cooks up quickly. Serve the quinoa and black bean salad as is for a one dish meal or place it on top of arugula, watercress, or other mixed baby green lettuces.

4-6 portions**Prep Time: 15 minutes****Cook Time: 20 minutes****Ingredients**

- 1 cup quinoa
- 1 15-ounce can black beans, drained and rinsed
- ¼ cup fresh lemon juice
- ¼ cup extra virgin olive oil
- 2 plum tomatoes, small diced
- ½ small bunch parsley, coarsely chopped
- 4 scallions, white and green parts, thinly sliced
- 1 medium cucumber, peeled, seeded, small dice
- ½ bunch finely chopped fresh mint
- freshly ground black pepper

**Instructions**

Rinse the quinoa well in cool water and drain in a fine mesh strainer. Place the quinoa in a small pot with 2 cups water. Bring to a boil, stir to combine, turn down heat and cover with a tight-fitting lid. Simmer for about 15 minutes until water is absorbed and the quinoa is cooked. Do not disturb the steam holes that form as the quinoa cooks. Remove from the heat and let sit an additional 10 minutes. Transfer the quinoa to a large bowl and toss gently.

Add the beans, lemon juice, and olive oil. Let sit until it reaches room temperature.

Stir in the parsley, scallions, cucumber and mint, mixing thoroughly.

Season with black pepper and additional lemon juice as needed. Serve at room temperature.

My Foundation Diet Snacks and Treats (Vegetarian)

Snacks and Treats

Cannellini and Roasted Garlic Spread

By Alexandra Borgia

You can roast the garlic in advance, then make this savory spread in just minutes. Serve it as a high protein snack with crudité's or crackers. Slather it on whole grain bread topped with roasted peppers and chopped olives and accompany it with a green salad for lunch.

Yields 1 serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients

- 1 head garlic
- ¼ cup extra virgin olive oil plus 1 teaspoon for the garlic
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 ½ teaspoons paprika
- 2 tablespoons fresh lemon juice
- freshly ground black pepper

Instructions

Preheat oven to 350 degrees F. Peel the top layer of papery skin around the garlic. Cut off the top fifth to reveal the cloves. Drizzle the top with 1 teaspoon of the oil. Wrap in a aluminum foil and roast until softened, about 45 minutes.

Place the beans, paprika, and lemon juice in the bowl or a food processor.

Remove the garlic from the oven, squeeze the pulp out of the skins and add it to the mixture. Stir in a sprinkling of black pepper.

Purée until smooth to taste.

Tips

This spread can be used as a replacement for mayonnaise or condiments for sandwiches, fillings for raviolis, on crackers or served warm with vegetables and whole grain.

Edamame Avocado Dip with Wasabi

By Rebecca Katz

Credits: **The Cancer-Fighting Kitchen by Rebecca Katz (Ten Speed Press, August 2009)**

Wasabi is rich in chemicals that some studies show cause cancer cells to starve. The combination of wasabi and ginger makes this dip's creamy coolness perfect for slathering on rice crackers or dipping veggies into, especially jicama.

6 servings

Prep Time: 10 minutes

Cook Time: none

Ingredients

- 1 cup fresh or frozen shelled edamame, mixed with a spritz of fresh lime juice
- 2 avocados, peeled, pitted, and spritzed with fresh lime juice
- 1 teaspoon minced fresh ginger
- ½ teaspoon minced garlic
- ¼ cup water
- 3 tablespoons freshly squeezed lime juice
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon wasabi powder
- 1 tablespoon chopped fresh mint



Instructions

Combine all of the ingredients in a food processor and process until smooth. Add additional lime juice if needed.

Tips

If you're up for it, go the extra mile and add some additional heat! Another 1/4 teaspoon of wasabi powder will turn up the wow factor in this dip. This gorgeous dip is very versatile. Use it like a condiment, spread on sandwiches or wraps. Yum!

Variation:

You can use frozen peas in place of the edamame. Just blanch them for 1 minute in boiling water, then rinse in cold water before blending. Remember to give them a spritz with lime juice.

Yam Chips

By Cathy Vogt

These tasty little chips are great on their own or you can use them as a dipper for your chili or with any barbeque fare. If you aren't familiar with coconut oil try it in this recipe. It is a wonderful oil for high-heat cooking and imparts a scrumptious nutty flavor to the chips. Garnet and jewel yams make especially flavorful chips.

4 servings

Prep Time: 10 minutes

Cook Time: 20

Ingredients

- 3 large sweet potatoes, cleaned and sliced into 1/2-inch rounds
- 2 tablespoons melted coconut or extra virgin olive oil
- 1/2 teaspoon cumin powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- pinch of cayenne

Instructions

Preheat the oven to 425 degrees F.

Place the sweet potato rounds in a large bowl.

Combine the oil, cumin, oregano, garlic, and cayenne in a small bowl and mix well. Toss the sweet potatoes with the seasoning mixture.

Place the sweet potatoes on a parchment-covered baking pan, (you may need 2) in a single layer. Make sure that the slices are not piled on top of each other or they will steam and not crisp. Bake for 15-20 minutes, or until browned. Turn chips at least once to ensure even browning.

Serve hot.



My Foundation Diet (Vegetarian) — Shopping Lists

My Foundation Diet (Vegetarian) Shopping List — Spring and Summer Week 1

Produce

Measurement	Ingredient	Measurement	Ingredient
3 ½ + more for garnish	avocados	2 heads	garlic
6 cups	baby spinach	2 tsp + more for making ginger juice	ginger
2	bananas	1	grapefruit
1 cup	beets (raw)	2 cups	green beans
1 head	Bibb lettuce	2	jalapeños
1 head	broccoli	1 large bunch	kale
4	carrots	5 ½	lemons
2 stalks	celery	4 leaves	lettuce
½ cup	cherry tomatoes	2 ½	limes
1 cup	cherry or grape tomatoes	2 cups	mung bean sprouts
¾ lb	cabbage - Chinese (nappa) or green	2	naval oranges
½ cup	chives	2	onions
6 ears + ½ cup	corn	1	orange bell pepper
2 ½	cucumbers	1	orange
1 small	eggplant	3	portobello mushrooms
1 large	English cucumber	2 oz	radish sprouts, pea sprouts or mix
1/3 cup + more for garnish	fresh cilantro	2 ½	red bell peppers
⅛ cup	fresh dill or basil	2 ½	red onions
1 handful	fresh dill	5 hearts	romaine lettuce
½ cup	fresh mint	9	scallions
1 tsp	fresh oregano	1 ½	shallots
¾ bunch	fresh parsley	1 cup	strawberries
1 Tbsp	fresh rosemary	1 cup	sugar snap peas
1 tsp	fresh thyme	1 handful	sunflower seed sprouts
2 cups	fruit (melons, mango, bananas, pineapple, grapes)	1	tangerine
	fruit (your favorite slices)	2 small	tomatoes

Nuts and Seeds

Measurement	Ingredient
1 Tbsp	cashews (chopped)
1/3 cup	nuts (macadamia or cashews)
	pine nuts
¼ cup	pumpkin seeds
3 ½ Tbsp	sesame seeds
2/4 cup	sesame seeds (black)

Eggs and Dairy

Measurement	Ingredient
15	eggs
8 oz	tofu, baked
1 lb	tofu, firm or extra firm

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA free canned items)
(1) 15 oz can	canned black beans
(1) 15 oz can	canned chickpeas
(1) 28 oz can	canned crushed tomatoes
(2) 15 oz can	canned white beans
½ cup	capers
	cashew butter or cream (optional)
½ cup	kalamata olives (pitted)
1 Tbsp	nut butter
	roasted red pepper slices (optional)
1 ½ cup	sun-dried tomatoes
1 cup	tomato sauce

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
	baking powder		ground cinnamon
	bay leaf		ground flaxseeds
	brown rice vinegar		honey
	canola oil		Italian seasoning
	champagne vinegar (optional)		maple syrup
	coconut oil		mirin
1 cup	coconut water (optional)	¾ cup	non-dairy milk (soy, almond, rice)
	Dijon mustard		red pepper flakes (optional)
	dried oregano		red wine vinegar
	dried thyme		shredded coconut (optional)
	extra virgin olive oil		toasted sesame oil
	freshly ground black pepper		umeboshi vinegar
	gluten free Shoyu or Tamari		unrefined sesame oil
	baking powder		white wine vinegar
	bay leaf	½ tsp	xanthan powder

Bread

Measurement	Ingredient
4	sprouted corn tortillas

Pasta/Noodles

Measurement	Ingredient
8 oz	brown rice or other gluten free fettucine

Flours

Measurement	Ingredient
1/4 cup	brown rice flour
1/2 cup	buckwheat flour
1/4 cup	sorghum flour
1/4 cup	brown rice flour

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
1/4 cup	Bob's Red Mill Creamy Buckwheat Hot Cereal
1 cup	green lentils
2 cups cooked	rice, brown or white

My Foundation Diet (Vegetarian) Shopping List — Spring and Summer Week 2

Produce

Measurement	Ingredient	Measurement	Ingredient
1	apple or pear	2 cups	grapes (assorted: black, green, red)
3	apricots (or 6 dried apricots)	1 lb	green beans
2 ½	avocados	1 head + more for garnish	green leaf or ruby leaf lettuce
6 heads	baby bok choy (or 1 bunch bok choy)	3 cups	honeydew melon or galia melon
15 oz	baby spinach	1 ½	jalapeños
2	bananas	½ lb	jicama
2 large heads	Bibb lettuce (or other delicate lettuce)	6e	lemons
½ cup	broccoli florets	2	limes
2	carrots	4	mejool dates
½ cup	cauliflower florets	½ cup	mung bean sprouts (optional)
2 stalks	celery	1	onion
1 pint + ½ cup	cherry tomatoes	2	oranges
8	cippolini onions	3	peaches
¼	cucumber	8	plum tomatoes
2	English cucumbers	1	pomegranate
2	fennel bulbs	6	radishes
4	figs (dried or fresh)	2	red bell peppers
¼ cup	fresh basil or cilantro	1 lb + 1 cup	red cabbage
1 ½ cups	fresh basil	¼	red onion
2 Tbsp	fresh dill	6	scallions
8 Tbsp + more for garnish	fresh mint	1	shallot
2 Tbsp	fresh parsley	¼ lb + ½ cup	shiitake mushrooms
1 ½ heads	garlic	1 ½	tomatoes
1 3-inch piece	ginger	1 cup	watercress or leftover sautéed greens
2 tsp	ginger or ginger juice	½ cup	yellow onion

Nuts and Seeds

Measurement	Ingredient
¼ cup + more for garnish	blanched almonds
½ cup	cashews (toasted)
½ cup	pistachios, crushed
½ cup	sliced almonds
½ cup	toasted almonds

Eggs and Dairy

Measurement	Ingredient
20	eggs
1 cup	soy or other non-dairy yogurt
(1) 8 oz package	tempeh
1 lb	tofu, extra firm or firm
10 oz	tofu, silken or soft

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA free canned items)
(1) 6 oz jar	artichoke hearts in oil
(1) 15 oz can	canned cannellini beans
(1) 15 oz can + 1 cup	canned chickpeas
(2) 3.5 oz jar	capers
1	chipotle chili pepper in adobo sauce
½ cup	kalamata olives (pitted)
1 cup	mayonnaise
¼ cup	nut butter (peanut, almond, cashew, or macadamia)
1 ¼ cup	sun-dried tomatoes

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
	apple cider vinegar		ground cinnamon
	balsamic vinegar		honey
1 Tbsp	Braggs liquid amino acids	5 tsp	maple syrup
	brown rice syrup		mirin
	brown rice vinegar		paprika
	canola oil		red wine vinegar
	cayenne		smoked paprika
	coconut oil	½ cup	soymilk
	Dijon mustard	1 tsp	stone ground mustard
	dried basil	½ cup	tahini
	dried oregano		toasted sesame oil
	extra virgin olive oil		tobasco or other hot sauce
	freshly ground black pepper		turmeric
	garlic powder		white wine vinegar
	gluten free Shoyu or Tamari	10	wooden skewers

Bread

Measurement	Ingredient
1 slice	gluten free bread

Pasta/Noodles

Measurement	Ingredient
½ lb	brown rice penne or gluten free penne
(1) 8 oz package	brown rice shells or elbows
(1) 12 oz package	gluten free short pasta
8 oz	soba noodles (100% buckwheat)

My Foundation Diet (Vegetarian) Shopping List — Fall and Winter Week 1

Produce

Measurement	Ingredient	Measurement	Ingredient
½	avocado	1	Granny Smith apple
¼ cup + banana slices for garnish	banana	1 medium	green bell pepper
1 head	bok choy	3	jalapeños
1 lb	broccoli	1 large bunch	kale
2	carrots	3	leeks
1 medium head	cauliflower	3	lemons
1 stalk	celery	2	limes
1 pint	cherry tomatoes	6 oz	mung beans or rice noodles
6 cups	corn kernels, fresh or frozen	4 ½	onions (medium)
1 small	eggplant	5	red bell peppers
1 bunch + more for garnish	fresh basil	1 ½	red onions
1 1/3 cup + 1 bunch + more for garnish	fresh cilantro	½ lb	red-skinned potatoes
1 bunch	fresh mint	2 cups	romaine lettuce
	fresh parsley	½ lb	scallions
1 tsp	fresh oregano	1 lb	spinach
	fresh tarragon	1	tomato
1 tsp	fresh thyme	2 bunches + 2 cups	watercress
2 heads	garlic	1	yellow bell pepper
(1) 1-inch piece	ginger	4	zucchini
⅛ tsp	ginger (grated fresh or powdered)		

Nuts and Seeds

Measurement	Ingredient
½ cup	pine nuts
	sesame seeds
for garnish	toasted almonds

Eggs and Dairy

Measurement	Ingredient
8	eggs
½ lb	tempeh
5 ½ lbs	tofu (firm or extra firm)

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA free canned items)
(1) 8 oz can	canned baby corn
(1) 15 oz can	canned black beans
(1) 14.5 oz can	canned diced tomatoes
(3) 14.5 oz can	canned diced tomatoes with green chilis
(1) 15 oz can	canned hominy (white or yellow)

(4) 15 oz can	canned kidney beans
½ cup	green olives stuffed with pimento
½ cup + more for garnish	low-sodium chipotle salsa
1 Tbsp	nut butter (optional)
for garnish	roasted red pepper slices
1 cup	tomato sauce

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
	bay leaf		ground cumin
	canola oil		honey
	cayenne		hot pepper sesame oil
	chili pepper	1 tbsp	instant wakame flakes
	coconut oil		Italian seasoning
¾ cup	coconut milk	6 cups	low-sodium vegetable broth
3 Tbsp	dark miso	8 cups	low-sodium vegetable stock
4	dried apricots		maple syrup
¼ cup	dried fruits (cranberries, cherries, raisins, currants)	4 tsp	mellow white or chickpea miso
	dried oregano	¾ cup	non-dairy milk (almond, rice or soy)
6	dried shiitake mushrooms	2 Tbsp	olive tapenade or pesto
	dried thyme	For garnish	popcorn
	extra virgin olive oil	½ cup	raisins
	freshly ground black pepper		sesame oil (toasted & unrefined)
	gluten free Shoyu or Tamari		toasted nori
	ground cardamom		turmeric
	ground cinnamon		wooden skewers

Bread

Measurement	Ingredient
1 slice	gluten free manna bread
1	gluten free tortilla
8	sprouted corn tortillas

Pasta/Noodles

Measurement	Ingredient
8 oz	brown rice or other gluten free fettuccini
½ lb	gluten free capellini or angel hair pasta

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
1 ¼ cup	brown rice
1 cup	gluten free rolled or steel oats
1 cup	green lentils
½ cup	millet
½ cup	quick-cooking brown rice
1 ¾ cup	quinoa
2/3 cup	teff

My Foundation Diet (Vegetarian) Shopping List — Fall and Winter Week 2

Produce

Measurement	Ingredient	Measurement	Ingredient
2 ½ + more for garnish	avocados	1 cup	leeks
2 ½ oz	baby spinach	4 ½	lemons
¼	banana	1	lime (optional)
1 head	broccoli	5	onions
2 lbs + 3	carrots	1	orange bell pepper
1	celery stalk	10	plum tomatoes
1	cucumber	3	portobello mushrooms
1 cup	fresh basil leaves (whole)	3	red bell peppers
1 small bunch	fresh cilantro	½	red onion
¾ bunch	fresh mint	6 medium	red or white potatoes
2 small bunches	fresh parsley	½ lb + 4 small	red potatoes
enough for 1 serving	fruit (i.e. apples, bananas, pears)	1 large	russet potato
2 ½ heads	garlic	8	scallions
2-inch piece	ginger	½ lb	shiitake mushrooms
2 tsp	ginger or ginger juice	1 lb	spinach
2 cup	green beans	1 cup	sugar snap peas
½	green bell pepper	2 bunches	Swiss chard
1 ½	jalapeños	4	tomatoes
1 large bunch	kale	1	white onion

Nuts and Seeds

Measurement	Ingredient
2 Tbsp	pumpkin seeds
2 Tbsp	sesame seeds

Eggs and Dairy

Measurement	Ingredient
17	eggs
	non-dairy cheddar cheese (optional)
(2) 8oz packages	tempeh
1 lb	tofu, firm or extra firm

Canned and Jarred Foods

Measurement	Ingredient (Choose BPA free canned items)
	almond butter (optional)
(3) 15 oz can	canned black beans
(2) 15 oz can	canned chickpeas
(2) 15 oz can	canned pumpkin purée
½ cup	mayonnaise
1 Tbsp + more for garnish	nut butter
3 Tbsp	tomato paste

Miscellaneous Pantry and Specialty Items (oils, sauces, herbs, spices, etc)

Measurement	Ingredient	Measurement	Ingredient
	bay leaf	13 cups	low-sodium vegetable stock
	canola oil		mirin
	cayenne	1 ½ oz	Mochi
	coconut oil		nutmeg
	curry powder		raisins or other chopped dried fruit
	extra virgin olive oil		red pepper flakes
	freshly ground black pepper		red wine vinegar
	garlic powder		sesame oil (toasted and unrefined)
	gluten free Shoyu or Tamari		smoked paprika
	ground cinnamon		turmeric
	ground coriander		white pepper (optional)
	ground flaxseeds	10	wooden skewers
	honey	13 cups	low-sodium vegetable stock

Pasta/Noodles

Measurement	Ingredient
12 oz	whole grain gluten free pasta

Rice, Grains, Cereals and Dried Goods

Measurement	Ingredient
1 cup	amaranth
½ cup	Bob's Red Mill Mighty Tasty Gluten Free Hot Cereal
½ cup	corn grits
1 cup	millet
1 cup	quinoa
1 cup	red lentils
2 cups cooked	rice, brown or white
½ cup	whole grain gluten free bread crumbs
1 cup	amaranth

Resources

Herbs and Spices

Great Herbs and Spices to Create Flavorful and Healthy Meals

Basil

Basil is a source of beta-carotene, an antioxidant that combats free radicals in the body, keeping blood vessels in good shape. Free radical activity may also contribute to asthma and osteoporosis. Eugenol, also found in basil, is found to be effective in blocking the inflammation associated with arthritis.

Cayenne

The pepper spice that puts the sing in chili and other dishes, cayenne's claim to fame comes from its compound capsaicin, a popular ingredient in pain-relieving creams. Cayenne may also have additional health benefits. One study found that a diet rich in cayenne spiced chili protected against the formation of LDL ("bad") cholesterol, while another demonstrated that chili helped keep insulin levels low after meals.

Chives

A member of the allium (onion) family, chives contain iron and high levels of vitamins C, vitamin A, and essential minerals such as potassium and calcium. It is said to aid digestion. It is an antifungal and aids candida, diabetes, and helps lower cholesterol.

Cinnamon

One of the most versatile spices, cinnamon can be used to flavor everything from cookies to soups. Using cinnamon in cooking is a wise choice because cinnamon has plenty to offer. Not only does it ease common tummy troubles such as gas and bloating, but in a recent clinical trial, cinnamon significantly lowered fasting blood glucose, triglycerides, and cholesterol levels in diabetics. Worried about E.coli? New research shows that cinnamon can wipe out bacteria. When a teaspoon of cinnamon was added to highly contaminated apple juice, the E. coli was reduced by 99.5 percent after three days.

Cloves

Cloves contain a significant amount of eugenol, which is found to be effective in blocking the inflammation associated with osteoporosis, arthritis and IBS. Cloves are also a significant source of manganese, dietary fiber, vitamin C, calcium, magnesium, and omega-3 fatty acids.

Coriander

For hundreds of years, coriander has been a favorite remedy for anxiety and insomnia. Now research has confirmed its tension-taming properties. Like cinnamon, coriander aids digestion. It has also shown promise in reducing blood sugar and cholesterol levels. It is also a chelator of heavy metals such as mercury stored in the liver. It is also effective when combating stress.

Dill

Dill is rich in mineral salts and may be used in a salt free diet to enhance flavor. This is very effective for people with high blood pressure. It has calming effect on the digestive system and relieves gas. It contains an oil which relaxes muscles. It contains vitamin C, flavanoids, and is rich in calcium. One tablespoon of dill seed contains as much calcium as a 1/3 cup of milk.

Fenugreek

Fenugreek is an ancient spice that has been grown as a medicinal plant in Europe during the Middle Ages. It contains phytoestrogens and has been used to fight bronchitis, fevers, sore throat, coughing, and diarrhea. It's also proven useful for swollen glands, skin irritations, ulcers, and has been utilized for diabetes, high cholesterol, and high blood pressure.

Garlic

Research shows that garlic has a powerful antioxidant effect helping to protect the body against damaging “free radicals”. It lowers high cholesterol and is used to prevent plaque build up in the arteries, improve high blood pressure, reduce colds, coughs, and bronchitis.

Ginger

A common ingredient in Ayurvedic and traditional Chinese medicines, ginger boasts an antioxidant power equal to vitamin C. Among the spice's reported health benefits: easing arthritis pains, improving digestion, and treating colds, coughs, and flu. In addition, research has shown that ginger is more effective at combating motion sickness than Dramamine. It is also very useful for arthritis and IBS.

Licorice

Licorice is used in Ayurvedic medicine and is a great source of magnesium, silicon, and thiamine. It is used to alleviate a variety of health conditions such as digestive problems, constipation, depression, fatigue, arthritis, asthma, and sore throats. It is used as a cough remedy and relieves respiratory ailments, stomach problems, inflammatory disorders, skin diseases, and liver problems.

Marjoram

A bush, native to the Mediterranean region (particularly Sicily). Its healing properties include: fighting asthma, soothing headaches, healing with anxiety/stress, and soothing the stomach and digestive tract. It is good with chicken and turkey, vegetables, and eggs.

Mint

Mint/Peppermint has a long history of uses in medicine and is one of the most effective measures in relieving indigestions, nausea, and heartburn. It soothes diverticulitis, IBS, and other digestive disorders. It also has great anti-inflammatory and anti-spasmodic properties. It relaxes the muscles of the digestive tract and stimulates the flow of natural digestive juices and bile. Its properties are known to soothe symptoms of candidiasis, headaches, stress, and fatigue.

Nutmeg

Nutmeg is known to lower blood pressure, soothe digestive upset, arthritis, and help detoxify the body. The anti-inflammatory properties can be used to treat joint and muscle pain.

Oregano

Oregano is a favorite culinary spice that aids in reducing inflammation and battling bacteria and viruses. Scientists recently may have discovered why the spice is so effective. In a study examining the antioxidant activity of nearly 40 different herbs and spices, oregano won the highest scores, beating out apples, oranges, and blueberries. It is helpful in soothing the symptoms of candida.

Parsley

Parsley is loaded with dietary calcium, iron, riboflavin, thiamine, carotenes, ascorbic acid, and vitamins A and C. Parsley is great for high blood pressure, arthritis, acne, asthma, eczema, and diabetes. It is the most commonly mentioned herb in recipes all over the world.

Rosemary

A staple in Mediterranean cuisine, rosemary fights the formation of blood clots and reduces inflammation, making it a powerful ally against heart disease. Even the fragrance of this powerful antioxidant has healing properties. Aromatherapy research has shown that inhaling essential oils of several spices, including rosemary, eased depression and pain in arthritis patients. A 2004 study found that rosemary's phytochemicals may even be useful in treating Alzheimer's disease. It is soothing to the symptoms of candida, arthritis, and depression.

Saffron

Harvested from crocus blossoms, saffron is one of the world's most cherished spices. It's also a potent antioxidant, packing more punch than vitamin E. On the health front, saffron has been shown to protect against cancer and to treat depression as well as Prozac.

Sage

Sage is rich in calcium, potassium, and contains vitamins A, B-complex, and C. It is an anti-inflammatory and an excellent antioxidant. It has claimed to be helpful for circulation and digestion.

Thyme

This popular herb relieves gout, headaches and has a history of use in the treatment of whooping cough. It is also helpful in soothing the symptoms of candida.

Turmeric

A common ingredient in curries, turmeric is a powerful antioxidant that protects against cancer, lowers cholesterol and eases arthritic aches and pains by reducing inflammation, which is extremely helpful with arthritis and high cholesterol. It has also been shown to increase insulin sensitivity by 300 percent. More good news: Researchers at UCLA found that curcumin, a compound in turmeric, was more effective at preventing the development of brain-damaging plaques seen in Alzheimer's disease than any drug being tested. It is probably no coincidence that India's populace has the lowest rate of Alzheimer's in the world – and a diet rich in turmeric.

Note: Try to keep spices in glass containers. Date them and do not keep them for more than six months. It is also best to keep them out of direct sunlight and heating elements.

Online Shopping Resources

Local Shopping

<http://www.nrdc.org/health/food/eatlocal.asp>

Shop Online

AKIN's Natural Foods Market - Organic grains, cereals, snacks, soups, pastas
www.akins.com

American Grass Fed Beef - Grass-fed, pastured, antibiotic-free beef
www.americangrassfedbeef.com

American Pasturage - Grass-fed, antibiotic-free beef
www.americanpasturage.com

Applegate Farms - Organic turkey, beef, chicken, pork
www.applegatefarms.com

Arrowhead Mills - Organic and gluten free baking mixes, grains, cereals and nut butters
www.arrowheadmills.com

Baker Creek Heirloom Seeds - Heirloom fruit and vegetable seeds
www.rareseeds.com

Barry Farm - Organic groceries, baking supplies, condiments, produce, snacks
www.barryfarm.com

Belmont Station - Organic beer, ale, and cider. Laws may prohibit the shipping of alcoholic beverages to your state
www.belmont-station.com

Black Wing - Leading Producer of antibiotic & hormone-free meat (including jerky, ostrich, duck, bison, etc)
www.blackwing.com

Bountiful Gardens - Heirloom vegetable, herb, flower and grain seeds
www.bountifulgardens.org

Boxed Greens Organic Produce - Organic fruits and vegetables
www.boxedgreens.com

Boyd Coffee Company - Organic ground & whole bean coffee, flavored coffee & gift packages
www.boyds.com

Cates Family Farm - Free-range, antibiotic-free beef
www.catesfamilyfarm.com

Cedar Grove Cheese - Organic cheese, cheese boxes and gift boxes
www.cedargrovecheese.com

Chartrand Imports - Organically grown wine from France and the US, ships to all states
www.chartrandimports.com

Coonridge Organic Goat Cheese
www.coonridge.com

Cowgirl Creamery - Organic cheese, bi-monthly Artisan Cheese Club
www.cowgirlcreamery.com

Diamond Organics - Organic fruits, vegetables, greens and herbs, cereals, meats, etc
www.diamondorganics.com

Eberly Poultry - Free range, organic poultry
www.dartagnan.com

Eden Foods - Organic pasta, snacks, condiments, oil, bulk foods, canned foods, gift baskets
www.edenfoods.com

Elan Organic - Organic, shade-grown, fair-trade certified coffee
www.elanorganic.com

Fiddler's Green Farm - Organic baking mixes, cereals, grains, coffee, sweets, nuts
www.fiddlersgreenfarm.com

Frey Vineyards - Organic and biodynamic, no sulfites added Wine
www.freywine.com

Fromages.com - Raw artisanal cheese mostly from French farmers
www.fromages.com

The Good Coffee Company of Charleston - Sustainable gourmet coffee certified by the Rainforest Alliance
www.goodcoffeeonline.com

Grassland Beef - Grass-fed beef, gift boxes and starter packs
www.grasslandbeef.com

Homestead Healthy Foods - Organic beef and chicken
www.homesteadhealthyfoods.com

Kalustyans - Specialty Store
www.kalustyans.com

Kokonut - For Coconut Oil and Flour
www.kokonutpacific.com.au

Meadow Raised Meats - Antibiotic-free beef, chicken, pork, veal, lamb, goat and venison
www.meadowraisedmeats.com

National Nutritional Foods Association - Find Natural Product Stores / Health Food Stores
www.nnfa.org/site/PageServer?pagename=find_stores

North Hollow Farm - Hormone and antibiotic-free beef and pork, free range chicken
www.naturalmeat.com

Nuts Online - Premium nuts and dried fruit
www.nutsonline.com

Oaklyn Plantation Free Range Chickens - Pastured, antibiotic-free chickens
www.freerangechicken.com

Once Again Nut Butters - Raw, organic nut butters
www.onceagainnutbutter.com

Organic Gourmet - Organic spices, stocks, savory spreads
www.organic-gourmet.com

Organic Kitchen - Resource for Markets, Vineyards, Restaurants, etc
www.organickitchen.com

Organic Provisions - Organic canned goods, snacks, entrees, cereals, pastas and baby foods
www.orgfood.com

Organic Wine Press - Organic, no sulfites, and no spray wines
www.organicwinepress.com

Organic Vintages - Organic wine with low or no sulfites

www.organicvintages.com

Purity Foods - Organic beans, seeds, grains, dried fruits, pastas, flour

www.purityfoods.com

Shop Natural - Organic groceries, canned foods, breads, snacks, grains, pasta, seeds, and spices

www.shopnatural.com

Sun Organic Farm - Specialty foods, dried fruits and vegetables, condiments, groceries, etc

www.sunorganicfarm.com

Tessa's Coffee - Organic regular and decaf coffee, coffee samplers

www.freshorganiccoffee.com

Vermont Shepherd - Award-winning sheep's and cow's milk cheeses

www.vermontshepherd.com

Vital Choice Wild Seafood & Organics - Natural, sustainably harvested seafood products

www.vitalchoice.com

West Wind Farms - Organic, grass-fed beef, lamb, turkey, chicken

www.grassorganic.com

Wilderness Family Naturals - Expeller-pressed coconut oil

www.wildernessfamilynaturals.com/expeller-pressed-coconut-oil.htm

MyFoodMyHealth —The Next Step to a Healthier Tomorrow

The My Foundation Diet is an essential starting piece in establishing good health through the food choices you make. After completing your two-week program, I would like to invite you to continue on the path to better health with MyFoodMyHealth (www.myfoodmyhealth.com).

MyFoodMyHealth offers delicious, customizable online meal planning tools for health care professionals, individuals and families with health conditions and food allergies – or for those who simply want to feel more vital by eating well.

The professional chefs, physicians, Registered Dietitians and nutritionists who contribute to MyFoodMyHealth understand that flavor is key not only to enjoyment of food but to overall compliance in developing health-supportive eating habits. That's why our prescription for good health emphasizes the *flavor of feeling better* and the abundance of foods one **can eat** rather than the same old basics. We seek to inspire you with the imagination and variety we have put into our recipes.



The easy online recipes and meal plans from MyFoodMyHealth emphasize enjoying a balanced selection of whole, natural foods—fresh fruits and vegetables, hearty whole grains, delicious dairy, sustainable seafood, lean meats and poultry, and delicious herbs and spices— to support individual health concerns. In your meal planner you will find a tempting array of dishes with flavor profiles from around the world and a variety of kid friendly dishes that you can swap into your planner as needed.

In addition to the delicious recipes and meal planning tools, MyFoodMyHealth offers easy online cooking tips, videos, articles, and a host of health and nutrition information to help support those looking to make food a central component in managing their health.

It's my hope that you'll find MyFoodMyHealth to be a valuable tool in your pursuit of robust health, whether you're a healthcare professional supporting clients or an individual cooking for yourself and your loved ones.

Eat well and be happy,

Caroline

Caroline Nation
Founder MyFoodMyHealth

About MyFoodMyHealth

MyFoodMyHealth provides timesaving, delicious online recipes and meal planning tools customizable to support health conditions and food allergies. Created by doctors, nutritionists and professional chefs, it makes it easy to make delicious, whole foods a central component in managing people's health.

About Kathie Madonna Swift MS RDN LDN FAND

Kathie Madonna Swift is an author, educator, and the Chief Nutrition Advisor for MyFoodMyHealth. Kathie has been recognized as one of the top integrative clinical nutritionists in the country, known for her inspirational and visionary work in medical nutrition therapy. Learn more about Kathie at www.kathieswift.com and her books, *The Swift Diet* (2014) and *The Inside Tract* (2011).

About Caroline Nation

Caroline Nation is the founder of MyFoodMyHealth and has a long and abiding interest in nutrition and good, whole and delicious food. In addition to MyFoodMyHealth, she has a practice in New York City and enjoys taking classes at the Natural Gourmet.

Disclaimers

The My Foundation Diet and MyFoodMyHealth are not intended to be a substitute for professional medical advice, diagnosis, or treatment.

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